

WOMEN'S AUSTRALIAN Health

21 HEALTHY
XMAS GIFTS
From \$20!

TURN UP YOUR...

FAT BURN

TONE ARMS, ABS,
LEGS & BUTT **FAST!**

**Stress
Hacks
For Busy
Women**

p.94

**Eat, Drink &
Still Shrink**

EASY WAYS TO PARTY PROOF YOUR SHAPE

*Rachael
Finch*

*How She Got This Bangin'
Post-Baby Bod*

**MEGA
NUTRITION
SPECIAL!**

**One-Bowl
Dinners**

**Health-
Boosting
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**Guilt-Free
Dessert**

(And more!)

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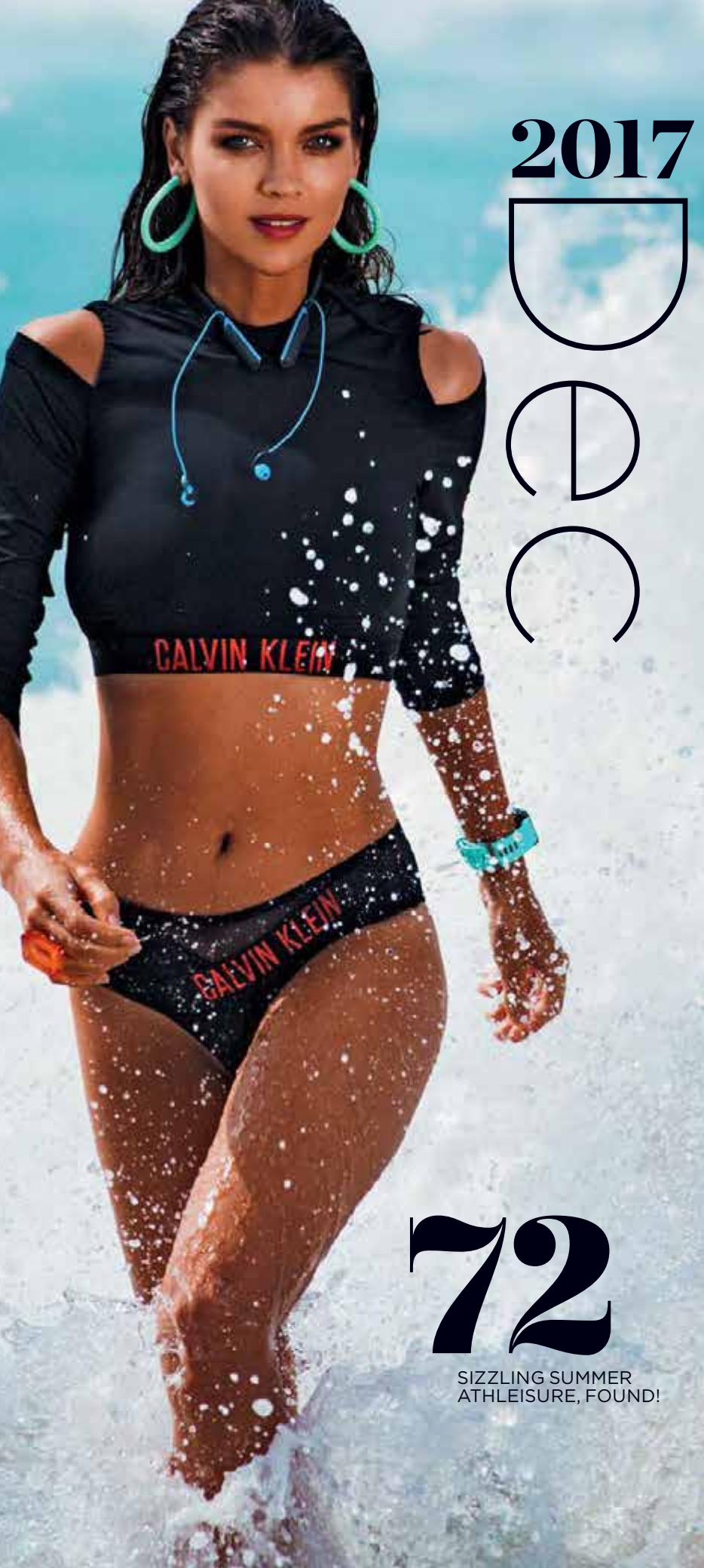
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ED'S NOTE

WHAT'S ON MY MIND



CALMER IN SECONDS

sky-high cortisol levels) and into the much more desirable "green zone" (where everything is working as it should) is a little something called parasympathetic breathing. Think the kind you focus on during yoga and tai chi. Turns out a few long, slow, deep breaths won't just make you feel calmer; they can actually slow your heart rate, lower your blood pressure and calm your nervous system. Now that's some powerful (and surprisingly simple) medicine just about every woman I know would happily take!

Looking for more easy ways to feel fitter, stronger and healthier this silly season? Eat well all month long with our mega nutrition special – 21 pages of clean recipes your body and tastebuds will love. From main meal salads to DIY poke bowls and guilt-free avo chips (trust us, they're addictive), we've got your kitchen covered (p119). Supercharge your metabolism, burn fat faster and tone up without even trying thanks to our ultimate summer workout (p108). Discover the truth about diet drinks (p102), update your athleisure wardrobe with fitness gear so good you won't ever want to take it off (p72), and be seriously inspired by our chat with this month's cover star, the divine Ms Rachael Finch (p88).

Until next month – enjoy the issue!

Jacqui X.

Jacqui Mooney **Editor**

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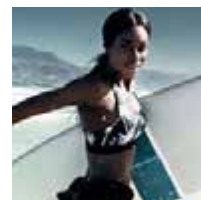
^ P128 CLEAN EATS!

Summer means one thing: seafood! Fill up on protein and good fats with these fast and easy recipes.



^ P27 GIFT-GIVING!

Your Xmas shopping, sorted. The ultimate healthy girl's gift guide, from foodies to fitness lovers.



^ P108 FAST FITNESS!

Turn up your fat burn and get toned all over with our ultimate summer workout. Ready?



Megan Mawn,
New York City Ballet



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ON THE COVER

Cover Star Rachael Finch

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Rachael wears Tully Lou
crop, Roxy bottoms, Armani

Exchange watch and
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ASK WOMEN'S HEALTH

WE ASKED SO YOU DON'T HAVE TO



**I HATE
CARDIO. IS
STRENGTH
TRAINING
ENOUGH FOR
A HEALTHY
HEART?**

The Big Question

ANSWER



Smashing your squat rack PB makes you come over all superhero, while trailing red-faced and panting at the back of your running group, well, less so. Good news: resistance training is ticker friendly, and in more ways than one. Muscle reps, particularly high-intensity strength training (read: using heavy weights that leave you fatigued), increase your heart rate, thereby improving your aerobic fitness.

"Lifting heavy weights vigorously can improve your heart-rate recovery, lower your blood pressure and enhance blood vessel and artery function," says physiologist Dr Cassandra Forsythe. How to know when you're training in the zone? Make sure your dumbbells are heavier than your shopping bags, avoid resting for more than a minute between sets and train for at least 30 mins at a time.

Is my desk-side bag of nuts playing havoc with my weight goals?

Hate to break it to you but, if you're serious about shifting excess weight, the answer is yes. That's according to researchers from New Zealand, who found that restricting some healthy fats (think: nuts and avocado) can help you lose weight and keep it off. How? "It's simple: when a person adds higher-energy foods such as nuts to their diet, they gain weight," says lead study author Dr Nicholas Wright. But what of the evidence that says unsalted nuts are a lean, mean snacking choice? Not so fast. "Many of these studies are calorie-controlled," says Wright, "so the researchers won't allow participants to consume nuts in a large enough amount to gain weight." The upshot is, giving yourself free rein to polish off a bag of cashews over an afternoon will do your get-lean target no good. So, what's the fix? Basically, says Wright, you need to temper your love of "good" fats. Still keen on those cashews? "If you are looking to lose or maintain weight, keep them as a treat and stop at one small handful," he says.



ASK WOMEN'S HEALTH

WE ASKED SO YOU DON'T HAVE TO



How do I hide a hangover while I'm basically dying at my desk?

The oh-so-delicious morning-after panic: you were only supposed to be popping out for a swift Thai and one glass of sav blanc but, once that kicked in, you opened a second bottle, hit the bars and everything went downhill. But now it's 7am, your alarm is beating you over the head, you're still fully clothed (yep, shoes too) and it's time to go to work. How do you hide the hang from your boss? Best bet is to do the exact opposite of what your brain is telling you: get to work early. Getting in before everyone else invites far fewer questions than turning up late. You'll also need a good moisturiser and your strongest scent (to disguise the stench of regret). Your main aim? To keep shtum about your wild night. Once your co-workers get wind of your hang, you'll be faced with hourly "how are you bearing up, babes" queries, which will only make it worse. If your boss follows you on Instagram, do a quick scan to make sure you didn't post a picture of last night's bar bill. Never forget.



WHAT'S THE POINT IN OM-ING IN YOGA ?



The reasons for putting in the mat hours are bountiful: visible triceps, a steady mind, license to spend silly money in Lululemon. But what's with that bit, post-savasana, when you're asked to end the session by making what's essentially a deep hum? "The om serves to ritualise the time you're spending to care for yourself and tune out daily life," says yoga teacher Mandy Ingber. Why does it have to be that particular om sound? Ingber explains that its specific "vibrational frequency" actually occurs throughout nature and is thought to have emotional healing properties. But before you dismiss this, limited research on the subject suggests getting your om on can have legit psychological benefits. A University of California study found that yogic chanting was twice as effective in improving depressive symptoms and overall mental wellbeing as listening to relaxing classical music. "The actual vibration the sound makes in your body slows the mind and calms the nervous system," says Ingber. Get om it ladies!

ON OUR RADAR

WHAT'S
FIRING UP
THE
WELLNESS
WORLD

POKECADO TOAST

Guys, poke has gone beyond the bowl - it now tops avo toast at Aussie brunch spots. Smashing.

LAUNDRY LOVE

Grim: 90 per cent of bathroom towels house nasty bacteria, according to a US microbiologist. His tip? Chuck 'em in the wash after two days.

#WORKLEISURE

We're loving pants from brands such as Aella and Julie Stevanja's New Guard that look as good with heels in meetings as they do in yoga.

PILLOW MENUS

Be still our sleeping hearts. Qantas now offers a luxury (read: exy) sleep experience on certain long-haul flights. We'll take memory foam, please.

FRUIT "CAKE"

Bye, Vicky sponge. Office birthday cakes are being challenged by a rise in celebratory fruit towers, says online work caterer Order-In. Want!

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SPICE UP
YOUR LIFE



TURN UP THE HEAT

Love your food with a kick? Good news: you can amp up the heat simply by putting on some tunes. A study from the University of Oxford found listening to fast, high-pitched music while eating your curry creates an effect called 'sonic seasoning', which can increase the perceived chilli sensation of a dish by up to 10 per cent. Now that's hot!



{fitness} DISCUSS

STRETCH IS BEST

Guess what? Stretching isn't just a *post-workout* thing. "Doing it before exercise leaves your muscles warmed up, reduces injury risk and increases your range of motion," says Lisa Lawson from Stretch Studio in Sydney, which offers one-on-one assisted stretching with a pro flexologist. (Tim Robards is a fan.) Don't fancy outsourcing? Lawson shares the easy DIY stretches to power your next sweat sesh.

UPPER BACK

Interlace both hands while reaching up to the sky. Gently lean over to the right while stretching into the left side of the back, then do the same with the opposite side. Next, interlace your hands behind your neck and begin moving your chest forwards while sending your elbows back towards one another.

HAMSTRING

Stand with your feet hip-distance apart. Reach both arms up to lengthen the body and upper back. Start to bend forwards at the hips while also reaching your arms forwards. At the same time, tilt the pelvis backwards and reach your fingers towards your shins, toes or the floor.

CHEST/ SHOULDERS

Lie facedown on your stomach and send your arms out to the side in a 'T'. Keeping arms on the ground, gently roll over to the right-hand side while picking up your left leg and placing your foot on the ground behind you to deepen into the stretch. Then do the same on your opposite side.

POP QUIZ!

Which activity may help manage depression?

A

BOWLING

B

LAWN BOWLS

C

BOULDERING

ANSWER: C

Bouldering can calm your mind and boost your mental wellbeing. How? Researchers from the University of Arizona in the US and Germany's Uni of Erlangen-Nuremberg found sufferers of depression experienced a reduction in their symptoms after bouldering for three hours a week over an eight-week period. They claim focusing on the task at hand helps to cut worry levels. Not keen? Any type of exercise is a win for mental health, so sweat to it.



JUST THIS MANY MINUTES OF RUNNING DAILY SUPPORTS YOUR SKELETON, BOOSTING FACTORS LIKE BONE MINERAL DENSITY. Source: *International Journal of Epidemiology*



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{weight loss



HOME GROWN

Put down the takeaway! Turns out playing Maggie Beer (and cooking at home more often) could slash body fat, cholesterol and type 2 diabetes risk. A look at nearly 12,000 Brits also found home cooks were more likely to have a normal BMI. How come? DIY meals pack in fruit and veg, and tend to align with the health-boosting Med diet, say experts. Aim for five times a week – peeps who did were 28 per cent less likely to carry excess kilos.

Source: International Journal of Behavioral Nutrition and Physical Activity

EASY DOES IT

Slow and steady does win the race. In a study published in *Obesity*, people who lost a consistent amount of weight each week maintained it better after one and two years than those whose weight fluctuated in the first six to 12 weeks of their trim-down program. "Settle on a plan you can maintain, even if that means consistently losing three-quarters of a pound [0.34kg] each week," says researcher Dr Michael Lowe of Drexel University in the US. Got it.

PLEASE EXPLAIN...
oleuropein

A COMPOUND FOUND IN OLIVES THAT MAY PLAY A ROLE IN CONTROLLING METABOLISM. ANOTHER MARTINI, PLEASE! Source: Virginia Tech

WORDS: ALEX DAVIES. PHOTOGRAPHY: GETTY IMAGES

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{beauty

SWEET TREATS

Want to satisfy those cravings, without blowing the kilojoule budget this Christmas? Too easy! Sink into a bubble bath that smells like the very best bits of the festive season (Chrissy cookie, anyone?). Get your glow on with fruit-scented palettes. Or smash that choc hankering by tucking into a richly toned eye palette. Now that's sweet!

Philosophy Christmas Cookie Shampoo, Shower Gel & Bubble Bath, \$30 each



Zoeva Cocoa Blend Eyeshadow Palette, \$38



Too Faced Sweet Peach Glow Peach-Infused Highlighting Palette, \$70



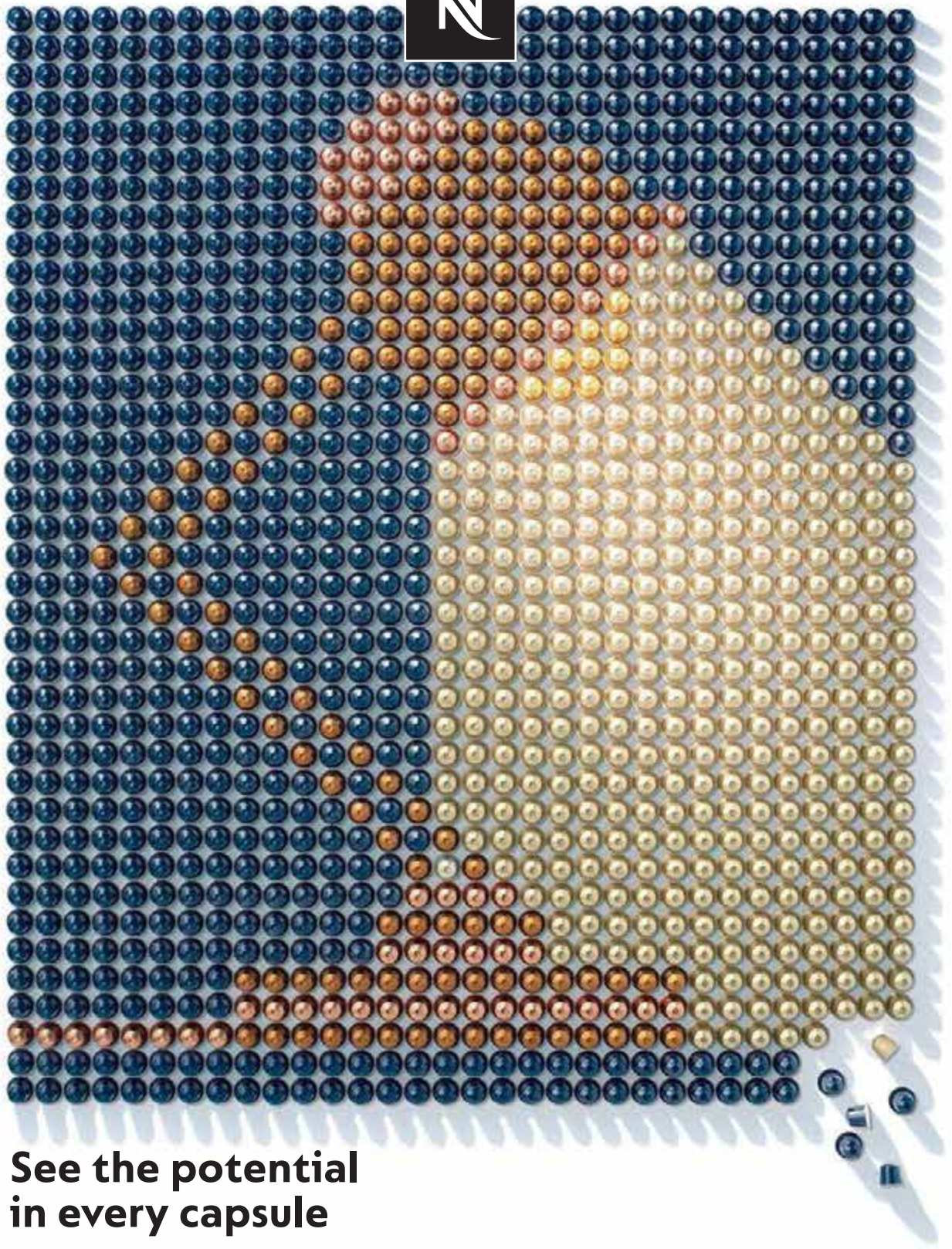
BE CLEAR ON DAIRY

New reason to embrace full-fat dairy: a study in the *Journal of the American Academy of Dermatology* found a link between drinking skim milk (but not full-fat) and acne. Researchers suggest it may have something to do with missing out on the good-for-your-complexion fatty acids found in whole-fat milk. Lactose intolerant? Dairy alternatives such as almond milk have also been linked to healthier skin. Try Almond Breeze Unsweetened Almond Milk, \$2.50, and embrace your milk moustache.

20

THE PERCENTAGE MORE YOU CAN EARN IF YOU'RE SEEN AS WELL-GROOMED. NEAT NAILS CAN MAKE YOU APPEAR INSTANTLY POLISHED. TRY OPI NAIL ENVY NAIL STRENGTHENER, \$34.95, WHICH TREATS AND HARDENS NAILS. GRAB IT IN A NEUTRAL TONE.

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GET AHEAD WITH AVO

Forking out for the 'add avocado' lunch option could power you through that dull meeting later. In a study by Tufts University in the US, a group who ate an avo a day for six months showed improved attention, working memory and problem-solving skills. Why? Researchers credit a boost in lutein, an antioxidant found in the green stuff (see also: kale, eggs, corn) that stimulates brain function and improves cognition.



GREEN QUEEN



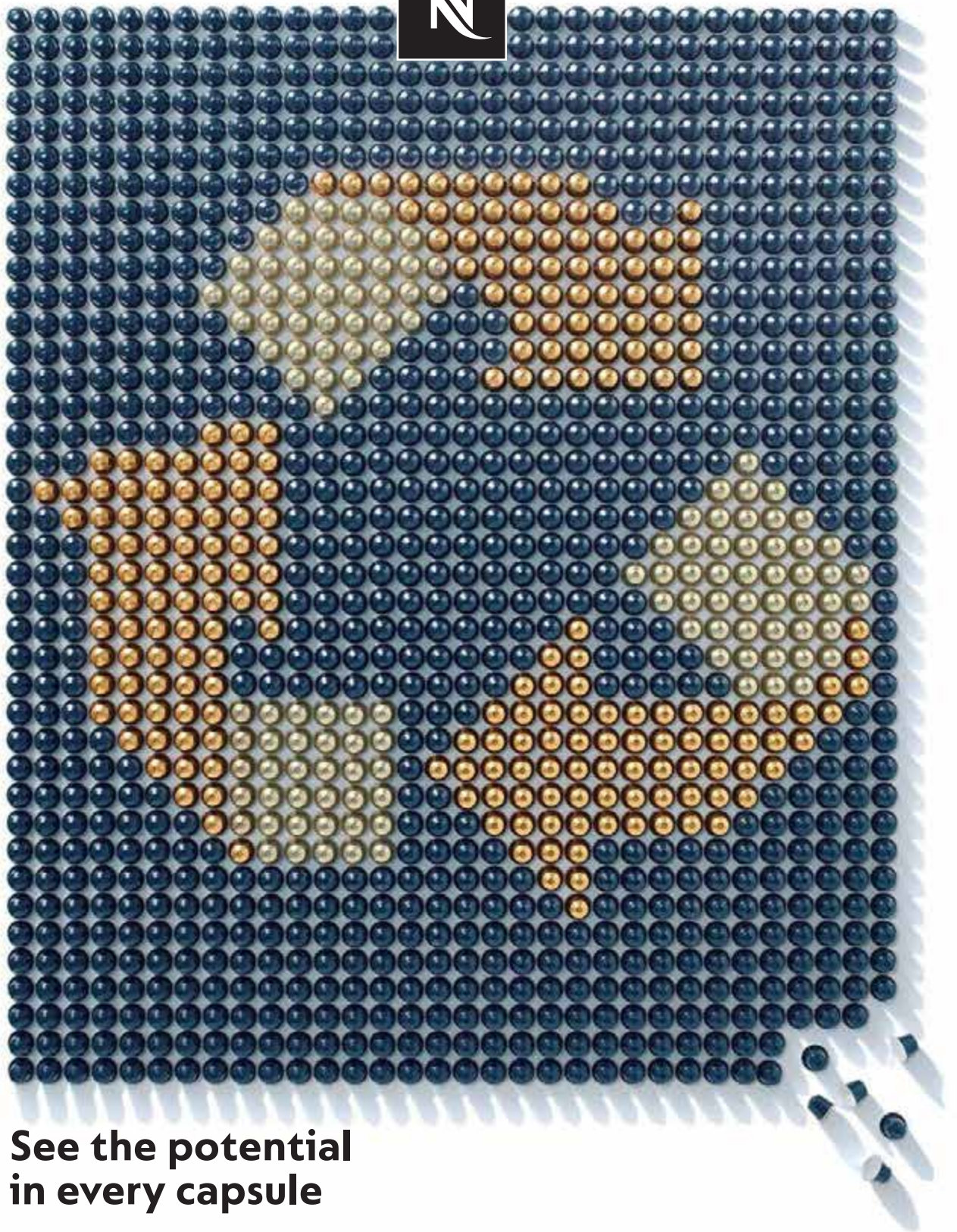
Use your loaf

It's just not brunch unless you're dipping toasted sourdough into a gooey egg yolk – but that's not to say it's making a crumb of difference to your digestive health. Given its fermented credentials, sourdough is said to boost healthy microbes in the gut and reduce blood sugar spikes. The catch? Researchers at Israel's Weizmann Institute of Science discovered those perks only ring true for a lucky few. It's hard to know if that's you, so listen to your body. If sourdough makes your stomach happy, slice it; if not, don't. Simple.

FOUR

EATING FISH THIS MANY TIMES A WEEK COULD REDUCE YOUR RISK OF CORONARY HEART DISEASE BY 40 PER CENT. SURF'S UP.
Source: Nutrition, Metabolism & Cardiovascular Diseases





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What else?

CARE OF THE DOG

Hey, guess what's an all-natural probiotic? Your pet! Animals have their own inherent bacteria, so being in contact with them exposes us to types we might not usually come across. Taking in new kinds of bacteria stimulates our immune system, which also keeps our microbiome developing properly. The wins? Easing allergies, respiratory issues and even anxiety. So cut Rover some slack next time he rolls in from a muddy yard.

Source: Dr Jack Gilbert of the Microbiome Center at the University of Chicago

PUPPY LOVE



50

NEED(LE) TO KNOW: IN A GROUP OF WOMEN HAVING REGULAR ACUPUNCTURE TO HELP WITH PERIOD PAIN, MORE THAN HALF REPORTED AT LEAST A 50 PER CENT REDUCTION IN THE SEVERITY OF THEIR DISCOMFORT OVER THREE MONTHS.

Source: Western Sydney University



Under the 'scope

Listen up, ladies: this month brings some changes to cervical cancer screening. Here's the lowdown.

What's going on?

Instead of a pap test every two years, you'll now have a new cervical screening test every five years. The procedures are pretty similar. Another thing? Screening will start from 25, rather than 18.

Why the change?

In a nutshell, "new evidence and better technology that'll help improve early detection of cervical abnormalities," says Joe Tooma, CEO of the Australian Cervical Cancer Foundation. The new test looks for human papillomavirus (HPV) "that causes the abnormal cell changes, prior to the development of cancer. HPV infection is responsible for 99.7 per cent of all cervical cancers." As for the age change? "Research has shown that cervical cancer is extremely rare in women under 25," explains Tooma. "Screening hasn't reduced the number of cases in this age group." (Though check in with your doc at any stage if you're worried.)

So, what next?

If you've already had a pap test, have your next screening two years later. From 1 December onwards, you'll be invited to five-yearly cervical screening tests. Sign up for a free text and email reminder at accf.org.au. Sorted.



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This two-step peel resurfaces and rejuvenates sun-damaged, hyperpigmented and ageing skin. What makes it a game-changer is that, unlike peels of the past that only exfoliated, it delivers peptides and vitamin C to the skin while it is being exfoliated, resurfacing and replenishing the skin at the same time. And best of all, it involves absolutely no downtime.

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**MISFIT RAY
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Wearing a tracker makes it easier to stay on top of your fitness New Year's resos. We love the slick look of this one, as well as its LED progress display. \$139, harveynorman.com.au



**CHAMPION RUN
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THE SECRET LIVES OF SPORTSWOMEN, PART 1: ELLIE COLE

By Alice Ellis

fFemale athletes are intriguing, inspiring, multidimensional women – it's not all training, competing and bulk-buy protein powder. We guarantee they are at least as fascinating as those other fitspo chicks you follow on Insta. So, in the lead-up to the Gold Coast Commonwealth Games (April 4–15, 2018), we take a peek inside their lives and minds. First up, meet Paralympic swimmer Ellie Cole @elliecoleswim...





ELLIE IN 60 SECS

A DAY OF TRAINING:
"Two sessions in the pool, then 1.5 hours in the gym."

MUSIC TO TRAIN TO:
"Anything with Ariana Grande or Céline Dion."

STUDIED:
"Exercise and Health Science. I transferred uni three times – it took, like, seven years!"

BIGGEST VICE:
"I usually eat almost half a block of chocolate. There's a dark almond one from Aldi that is so good."

SWIMMERS SHE WEARS:
"Zealous. Training swimwear in crazy prints and colours."

FAVE GOGGLES:
"They're by Engine, a triathlete brand."

WANTS TO TRY:
"Surfing. I talk to another leg amputee who is the adaptive surfing champion in America. She's given me tips."

SPORT SHE WATCHES:
"Netball. The Sunshine Coast Lightning [team] trains where I do. I have to try not to fangirl over them."

Ellie Cole only has one real leg. Cancer meant the other one was amputated when she was three. But not only did she survive, she thrived and doesn't think she'd be an athlete if she had two legs.

"Sport doesn't really run in my family; it was just a way to normalise my disability growing up. I think that's where I got it from," says the 25-year-old, who first competed in a Paralympics in Beijing, in 2008. "One of my favourite things to do is beat people with two legs. So I did that a lot as a kid and I think that's what made me such a successful athlete now."

Getting started

The six-time Paralympic gold medallist was drawn to swimming because it was a solo sport. "I did a lot of different sports as a kid at school. I kind of signed up for all the sports so I could get out of class, like most kids do. But I have this strong memory of being in primary school and playing basketball, and I remember my sports teacher almost refusing to put me on the court during games. I found that really difficult."

"I had that ... experience a lot going through school – like, I'd be on sporting teams and practise with them, but I'd never really be put on during games. I think that's why I really enjoyed swimming: it was a sport where I could just get in there, I was representing myself and no one could take me out of it."

Life with a fake leg

Although her teachers were focused on her disability, Cole wasn't. "I was really lucky that I had my twin sister, Brittany,

there as a kid growing up, so whatever she did, I followed ... So she's been a very big part of fostering that [outlook]. I'm oblivious to having a disability, I forget all the time."

Except when things go haywire: "I just have bits fall off every now and then," she says. "I was walking through a supermarket a few years ago and I was having leg problems. I had a plastic bag in each hand [when] my leg just ... came off. I was standing there holding these plastic bags [and] this guy came up to me and was like, 'Uh, can I help you in any way?' And I was like, 'Just grab my leg ... Actually, grab these bags, I'll grab my leg.' It was so funny."

"But I think one of the biggest things that [strikes] me is everybody's surprise at how mobile I am. For some reason they have this assumption that because I have a disability I can't do too much, and that's really frustrating. But I think the Paralympics is really good for blowing that stigma out of the water completely."

Reality tech

When it comes to mobility, she says things are getting better for people with disabilities all the time, as prosthetics improve.

"Though it is difficult because the technology is there but not everybody can afford it, and that is a real shame. I'm lucky that Toyota has been sponsoring me for almost two years now. They're a really big supporter of the Paralympics and the Olympics ... They're providing me with this new prosthetic knee unit that has computers in it. It's really futuristic, actually; it

replicates the natural human gait more than any other unit. I'm very, very lucky to be in that position. But I'm only one of the 5 million people in Australia with a disability."

Her favourite things

So, what does Cole do when she's not training? "I love cooking. My mum was actually a cook when I was growing up. She loved trying out different styles. We owned a cafe [in Melbourne] so she opened up a whole coeliac section and vegan section of the cafe. So I experimented with ... different health and wholesome foods a lot when I was a kid."

Cole also loves cycling and rock climbing. Oh, and did we mention she's hot on the basketball court? "I started doing wheelchair basketball after the London 2012 Paralympics because I wanted to try a different sport. I just loved the idea of getting in a wheelchair and knocking other people over who were also in wheelchairs and not feeling guilty about it."

"It's a really rough sport and I found it fascinating because, in swimming, we're obviously completely closed off to the outside world, we have our faces in the water and we can't hear anything or see anything other than the black line. And in basketball it's a real team effort, so there's a lot of communication, a lot of talking and reading the other players. I found that really challenging actually, and I fell in love with it because of how complex it is and how much the team gets behind you." Cole is certainly showing those sports teachers what she's made of. We'd totally want her on our team. **WH**

23

The percentage by which peeps' intake of vegies increased when they ate a side of greens before a main meal, rather than during. So pick a salad as your next starter!

Source:
Appetite

HOW SUGARY IS YOUR SALAD?

Yep, you read that right – there could be a sugar bomb hiding between the leaves

Prepare yourself for some not-so-sweet news: the humble salad, that paragon of edible virtue, might not be so virtuous after all. “Yes, fruit and veg do contain sugar,” confirms registered nutritionist Claire Baseley. “This sugar is bound up in the plant cells, so it takes longer for the body to break it down and it’s released more slowly than the sugars you’d find in cakes or biscuits.” That said, some fruit and veg are higher in sweet stuff than others. Read on for what to serve (and what to swerve) if you’re trying to avoid sugar overload.



↪
SWEET
CHILLI

EAT YOUR HEART OUT

Want to hear something awesome? These little nutrient bombs all contain less than 2g sugar per 100g – so feel free to chuck 'em in by the handful



✓ Avocado

Rest easy: your precious avo is not on the naughty step. In fact, with just 0.7g sugar per 100g (for comparison, a banana has 12.2g per 100g), it can safely retain its place as your go-to du jour.



✓ Cucumber

With only 1.7g sugar per 100g, this trad salad staple is pretty low in the sweet stakes, so you can happily fill up on it. Don't peel it, though – the skin is where all its digestion-supporting insoluble fibre lives. Yum!



✓ Asparagus

Another one low in sugar (1.9g per 100g) – so tuck in. Asparagus may also help accelerate the metabolism of alcohol, according to gurus at the Institute of Food Technologists. Which should come in handy for all those parties coming up.



✓ Leaves

Rocket, Swiss chard, spinach... when it comes to choosing what type of greenery to bulk out your salad bowl with, it's totally up to you. But the sugar content is pretty minimal whichever green you pick, so knock yourself out.



✓ Celery

You can have too much of a good thing – but not if it's celery. Aside from its low sugar content (1.3g per 100g), a University of Chicago study showed celery may help lower blood pressure thanks to phthalides, an organic compound found in the stalks that relaxes the muscles lining your blood vessels.



✓ Seeds

Scatter these over your salad with abandon. Where sugar's concerned, seeds contain just trace amounts. "Add seeds in place of sugary dressings if your leaves need some extra flavour," advises nutritional therapist Charlotte Watts. Will do!

APPROACH WITH CAUTION

We're not saying don't eat these – they're all nutrient-packed. Just pay attention to how they add up, so your sugar levels aren't off the chart



⚠ Apples

First, the bad news: for every 100g, your apple has a whopping 10.4g sugar. Now for the good bit: it also has 2.4g fibre, which helps balance blood sugar. Oh, and it supports beneficial gut bacteria. Sweet stuff.



⚠ Beetroot

You may be surprised to learn that beetroot contains 6.8g sugar per 100g. But don't write it off, of course – it's also high in flavonoid antioxidants and vitamin C. Beet that.



⚠ Onions

Should you be worried that the sugar content of onions is 4.2g per 100g? Perhaps not. Research conducted by folks at the Endocrine Society found eating onions may actually help *lower* blood glucose levels – so you might not need to sweat it after all.



⚠ Sweet potato

The clue's in the name. These have five times as much sugar as regular potatoes (4.2g compared with 0.8g). But sweet potatoes are richer in beta-carotene, which the body converts into vitamin A. They also score a gold star for fibre. Interesting.



⚠ Corn

The tinned variety packs around 6.5g sugar per 100g, so make sure to keep your servings to a minimum. Looking for a sugar-free alternative? Cannellini beans have just 0.4g of the sweet stuff.



⚠ Tomato

With 2.6g sugar per 100g, you might think twice about tomatoes. But, with them packing vitamin C (to boost collagen), folic acid (which may reduce depression risk) and lycopene (which may support your eyesight), they're totally worth it. **WH**

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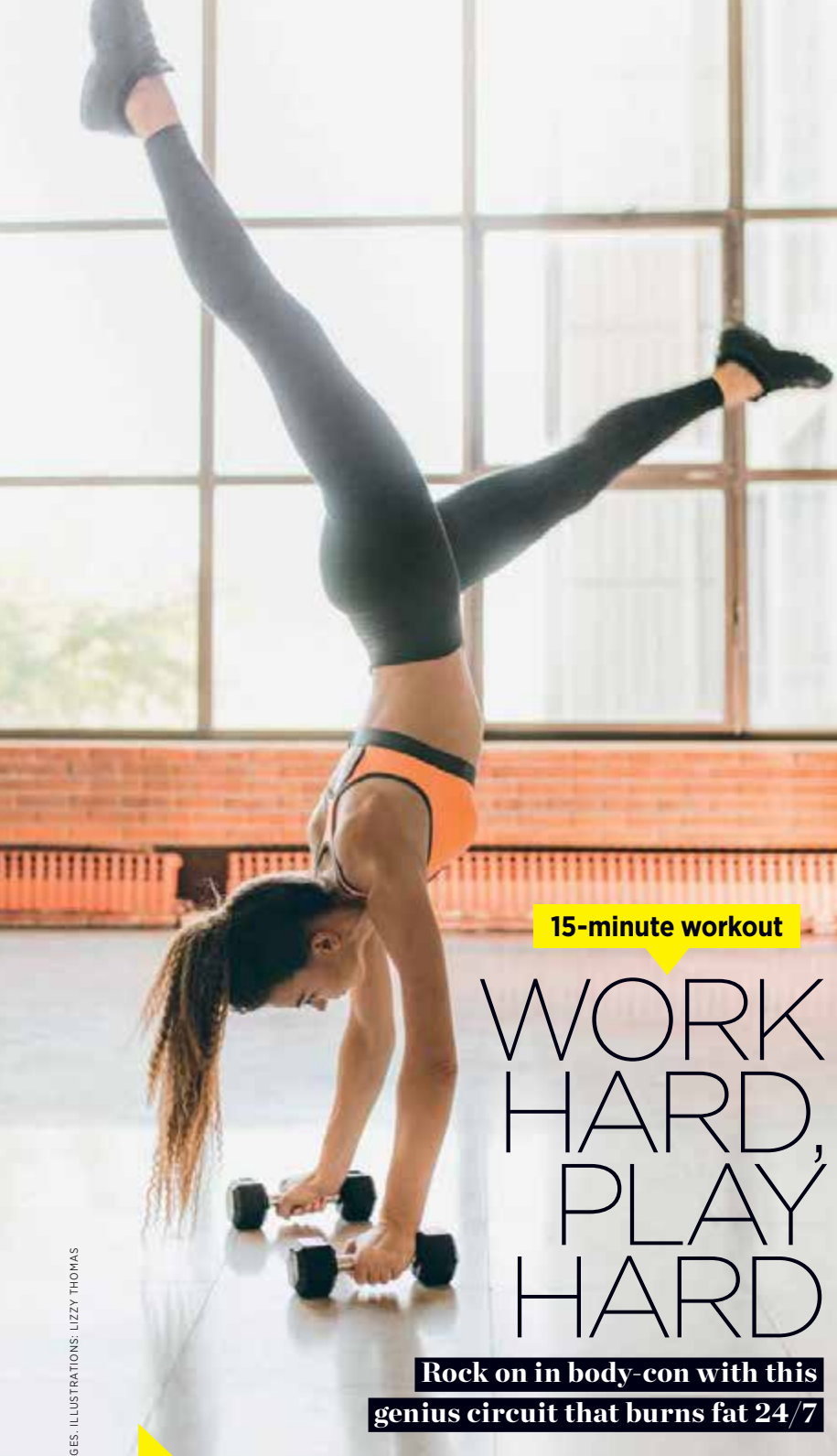
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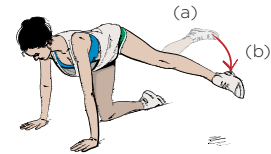
15-minute workout

WORK HARD, PLAY HARD

**Rock on in body-con with this
genius circuit that burns fat 24/7**

It's silly season. The issue? Your urge to 1. mainline beige food and 2. expose body parts that haven't been seen since your midwinter trip to Noosa. The fix? A workout that addresses both. "Do this routine every morning throughout party season," says PT Astrid McGuire. "It will make a difference to how your LBD fits. And a booster session [just] before your party will ... amp muscle tone." Crank the tunes, grab some dumbbells and do each exercise as fast as poss. Don't worry, you can refuel later with canapes.

EQUIPMENT: TWO 15KG
DUMBBELLS AND A STEP
KILOJOULES BURNED: 850



1. FIRE HYDRANT KICK-OUT

3½ MINS

(a) From all fours, lift your left knee out to the side.
(b) Pause, then extend the left leg at hip. Return to start position.

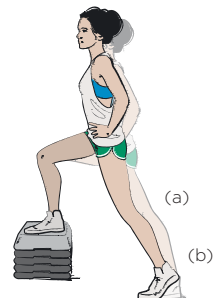
REPS: 15 per side

2. SPLIT CALF RAISES

3 MINS

(a) With your hands on your hips, stand with one foot on a step, your knee at 90°.
(b) Pulse your other heel up and down.

Easy... at first.
REPS: 3 sets of 20 per side



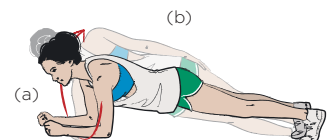
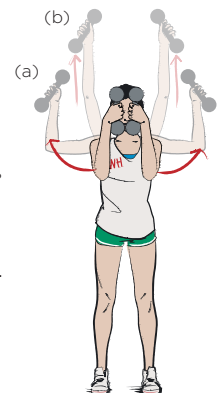
3. ARNOLD PRESS

4 MINS

(a) Dumbbells in hand? With elbows bent at 90° in front, open your arms to the side.

(b) Exhale and push your arms up. Then lower them back to the start.

REPS: 3 sets of 10



4. SWITCHING SIDE PLANK

4½ MINS

(a) Lay propped on your right elbow, feet stacked, hips off the ground. You're looking good!

(b) Lower your hips, then lift and bring your left elbow down to swap sides.

REPS: 10 per side. All done! **WH**

YOU CAN DO THIS:

WBBL

It's not just cricket – it's Big Bash! And it's seriously hot right now. Here's why the Women's Big Bash League will be creating buzz this summer

By Alice Ellis

Your cheat sheet: WBBL 101

You've probably heard the term. But what does it actually mean? Glad you asked! WBBL stands for the Women's Big Bash League. While traditional cricket formats – test matches and one-dayers – are looooong, Big Bash cricket takes the quicker T20 format. Think cricket, on steroids! "It's exciting and non-stop action," says Dominic Remond, general manager of the Sydney Sixers Big Bash women's and men's teams. The aim? Batters have to try to get as many runs as possible in a short time – within up to 20 overs (120 bowls of the ball). Each game lasts about two and a half hours, so each time the other team bowls, batters have to really whack it. They're pretty much trying to hit sixes and fours (hitting it to – or over – the boundary) every time, rather than along the ground, like in longer-form, more risk-averse cricket. In other words, Big Bash is a less-serious form of cricket that's more exciting

for non-fanatics. "The games are all about big hits, innovative bowling and energetic fielding on the oval, and a great family entertainment experience in the crowd," Remond explains.

Where to watch the action

Season three hits off on December 9 and continues until the final on February 4, 2018. All games – except those played as double-headers with the men's games – will be free so get down to a match (check out the schedule at bigbash.com.au/fixtures). Also, 12 games will be broadcast live on Ten, with all the other games live-streamed on cricket.com.au in HD.

How to strap on those pads

Keen? "T20 cricket is the perfect introductory format," says Remond. "There are several entry points depending on your age and region; check out playcricket.com.au for options in your area." Don't mind if we do!

What's your team?



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MEET A WBBL PLAYER: SARA MCGLASHAN, SYDNEY SIXERS

How was it being on the Sydney Sixers team when they won last season's WBBL?

It was pretty unreal. I'd say it'd be one of the top moments of my

career across all the [different forms of] cricket I've played. I never imagined that the WBBL would be as big as it actually was, with the crowds and the number of people watching on TV.

What do you love about Big Bash cricket?

I guess it's finally put the women's

game on a world stage in that it's so similar to the men's [format]. And that party atmosphere that they create as well – they try to sell the product that's happening off the field rather than on the field, in terms of the atmosphere that's created. It's funny because when we first started playing [T20], it was kind of like we [the players] weren't too sure – it was a bit of a gimmicky game. But it's also great fun. It can



be pretty ruthless at times, but your good days are really good days. It's a good sport to get into, rather than long-format [cricket] – as a first intro to the game especially.

You're from New Zealand. Are similarly good things happening for women's cricket over there?

Ah, sadly, no. Cricket Australia is certainly leading the way with what they're doing. If anything, we're probably just piggy-backing on the back of that. There were, I think, six or seven of us who were involved in Australia's Big Bash last year and the season before, and everyone's champing at the bit to try to get contracts each summer. So yeah, it'd be nice to say things like that are happening [in NZ], but it's not the case. Obviously the population is a lot smaller, so

yeah, [Australia is] leading the way.

Now for a few quickfire questions! How did you get into playing cricket?

Pretty much the classic story, with the big brother who played and you get dragged along with them!

Do you have a job outside of the game? I'm a sports manager at a girls' school.

Favourite holiday destination?

The Pacific Islands – like Rarotonga. Anywhere with a bit of sunshine. It's probably why I like playing in Australia during summer.

Something most people don't know about you?

My mum and dad are only children, so I have no uncles or aunts. I just tend to adopt people as cousins!

Lastly, what are you scared of?

I'd never bungee jump. I don't know if you could say I'm scared of it, but if you made me do it I would be! **WH**

A woman with dark hair in a high ponytail is running down a set of wide concrete steps. She is wearing a black and white geometric patterned sports bra and leggings, and blue sneakers with bright green laces. Her hair is blowing in the wind, and she has a focused expression. The scene is brightly lit, suggesting a sunny day.

HERE
COMES
THE RUN

RUN FREE

**Could your tracker actually be slowing you down?
A growing number of run gurus say yes. Here's why**

Your race bib flutters as your feet pound the footpath in perfect cadence. You glance down at your GPS watch [5:41]. The precise pace you'll need to maintain if you're going to complete this half-marathon in your goal time of under two hours. You have five kilometres left to go when you hit a tough hill. Despite raucous cheers from spectators flanking the route, your pace falters [5:58]. But then, suddenly, salvation: a downhill [5:32]. You rush towards the finish line, skipping the celebratory fist pump to stop your watch as you don't want to be a second late. You anxiously inspect the screen. 1:59:42. Yes! Cloud. Nine.

Not to burst your bubble, but what would your time be if you weren't connected to that mobile cloud in the sky? Could you have finished in 1:55... 1:50... maybe even 1:45?

Yes, say many coaches. Tracking may help you hit your goal, but it can also stop you from running your best. Why? Because it becomes all about staying on pace. "We see it all the time," says ultra-marathoner and running coach Alec Blenis. "A runner will feel fantastic and could go faster but stays on pace. Or they'll be running faster than their goal pace, then check their watch and slow down." Blenis is part of a growing group of experts who claim we over-rely on electronic feedback.

NAKED RUN. HUH?

The whole concept of running 'naked' might seem uncomfortable, even alarming. After all, more than half of runners now wear trackers that quantify every step. Of course, this technology has enhanced our active lives – the everyday runner is more knowledgeable, not to mention motivated. But anecdotal and science-backed research has found wearing trackers on every run has bred a robotic approach that can be helpful when training but may ultimately weaken our internal cues and dampen running's stress-busting perks.

Running coach and former elite marathoner Kim Jones is a perfect case study on how being a Luddite could lift your performance. Now 59, she completed her first marathon in 1984 – long before

the tech boom. "I just pushed as hard as I could the entire way," she says. Her old-school strategy worked: Jones hit the halfway mark in 1:24:24 – a 3:53-minute-per-km pace – and finished in 2:48:48, registering mathematically perfect splits. (Even splits, or equally timed race halves, is a sign you used your energy efficiently.) She'd go on to finish 17 marathons, with an average time of 2:33. "I ran them all with no electronics and near-even splits," she says. "I simply ran by feel."

GO WITH THE FLOW

You may be thinking, "But my watch makes me run faster!" While it might feel true, most experts say learning to adjust effort based on internal feedback is where the true magic happens. In a recent group of runners Jones trained for the Boston Marathon, those who set PBs ditched watches and ran by feel. A study in *The Journal of Sports Medicine and Physical Fitness* might explain why; it found endurance athletes can leave fuel in the tank when aware of time data.

Even high-tech trackers can't account for all variables – weather, hills, headspace – that impact your performance. "You want to evolve to where you're making calculated decisions based on internal cues, like perceived exertion, rather than a number," says Blenis. According to a study in *Medicine & Science in Sports & Exercise*, runners who adapt on the spot tend to be more efficient – running farther and faster, while burning less energy.

The power of breath

The simple in-and-out could help you run free... and further.

Proper breathing is the natural way to pace yourself on a run, says Blenis. "Most people settle on a two-two breathing rhythm," he explains, which is two steps as you breathe in, two as you breathe out. Instead, tweak that. "For low-intensity runs, do four steps on the in-breath and three steps on the out; then three and two for moderate runs; and two and one for fast runs," he says. Run as fast as you can while comfortably sustaining one of those patterns. If you can't, you're going too hard or too slow.

The method helps auto-adjust your speed to tougher uphill and easier downhill.

"It also helps to prevent injuries," says Blenis. How? When your diaphragm is filled with air, it's able to help your core absorb impact better; as you exhale, your ability to handle impact is reduced. An even-odd breathing pattern helps alternate which side of the body receives the stress.



Jones says many clients convince themselves a certain time on their wrist is 'hard', which then causes the pace to feel more difficult. Proof: a study in *Frontiers in Physiology* found performance fatigue is often in your mind. Get out of your head, says Dr Larry Shapiro, author of *Zen and the Art of Running*, and you can potentially run faster – or at least feel less wiped out at your current pace. "Think about how the pace is affecting your breathing, or how your legs feel," he says. "There are other things to pay attention to."

FIND YOUR BALANCE

Data fanatics, no worries – you can still geek out on numbers. "GPS watch data can be helpful, especially for beginner runners trying to figure out what a certain pace feels like,"

says Blenis. When training for a race, Blenis also has his intermediate and advanced athletes wear trackers – albeit hidden from sight. "We view the data after the run," he says. This tweak allows you to get into a flow without distraction, yet optimise your training with metrics. Try it: put tape over your watch face. After a run, instead of analysing the numbers, think of the bigger picture. Was your pace slower or did the run feel harder than your last few? Were you dehydrated, sluggish or annoyed by an ill-fitting sports bra? Jot those notes down alongside the technical data. The combination will help you identify patterns to make you a better, happier runner. And that last bit is crucial.

LAURA'S LAWS

Check out Puma *WH* Next Fitness Star Laura Basta's keys to recovery

Don't skip the foam-rolling! Laura's prescription:

- ◆ **5 mins pre-run:** To improve mobility and increase blood flow. Win-win!
- ◆ **5 mins post-run:** To knead away knots and lengthen your muscles.
- ◆ **Much of the soreness that goes along with exercise occurs when our muscles and fascia become knotted. A foam roller can help remove those knots.**



Love your tech?

Rather than sweating over pace, look at these numbers for hints on improving your running style.

CADENCE How frequently your feet hit the ground. Optimal cadence varies by person, but experts say to aim for 160 to 180 steps per minute.

VERTICAL OSCILLATION The 'bounce' in your running motion. It's typically between six and 13cm (elite athletes have even less bounce). You may see this number drop as your form and speed improve.

GROUND CONTACT How long your foot spends on the ground with each step. An ideal range is between 160 and 300 milliseconds.

ULTIMATE CONNECTION

When you run with a watch, you're likely to focus on the result rather than the experience. "When we unplug from our devices, we begin to cultivate a deeper sense of mindfulness," says Sakyong Mipham, head of Shambhala Buddhism. "We can tune in to our surroundings, whether that's the stillness of nature or the bustle of the city." Maybe that's why those who run free enjoy it more: a Dutch study found people who were mindful while exercising reported more gratification. Even better, it may remove unnecessary anxiety that might come from obsessing over every step. "There are so many areas in life where we have to be concerned with success, deadlines and performance outcomes," says Shapiro. "Why treat running like that?" **WH**

Beat the elements

SUMMER TRAINING MEANS LESS GYM AND MORE OF THE GREAT OUTDOORS, SO PROTECT YOUR HAIR AND SCALP FROM THE ELEMENTS WITH HEAD AND SHOULDERS

As the weather warms up, so will your workout so it's important to stay hydrated. It's the same for your hair and scalp. Scalp is skin too, and it can become dry, itchy and flaky when exposed to sweat, sun and heat. So keep it nourished and hydrated with *head & shoulders* to keep hair shiny, smooth and flake free.

ON THE MOVE

head & shoulders shampoo and conditioner are a gym bag essential. The 3Action Formula cleanses, protects and moisturises to give you unbelievably soft and beautiful hair that's up to 100 per cent flake free.*

ON TRACK

When used together, *head & shoulders* shampoo and conditioner work 60 per cent more effectively[†] versus using the shampoo alone. So stay on track and make *head & shoulders* part of your beauty routine.

TARGETED CARE

CLEANSSES: With a gentle cleansing agent that provides a rich, deeply indulgent lather, while offering best-in-class dandruff protection.

PROTECTS: Micro zinc particles deposit deep into the scalp pore and are left behind – even after rinsing – improving the scalp's condition and enabling long-lasting dandruff protection.

MOISTURISES: Formula locks in moisture to improve the scalp barrier, maintaining hydrated, strengthened and toned skin. Conditioning agents provide smoother, softer and more manageable hair with less breakage over time.

BEST-IN-CLASS PROTECTION

It's easy to see why *head & shoulders* is Australia's number one anti-dandruff brand for flake-free, beautiful hair[†].



For more information visit headandshoulders.com.au

*No visible flakes, with regular use. [†]In reducing scalp issues vs using *head & shoulders* shampoo plus a P&G non anti-dandruff shampoo. [†]Data sourced from IRI MarketEdge based on data definitions provided by P&G.



IT'S THE MOST FUN YOU CAN HAVE WITH YOUR UNDIES ON!

Cupid's Undie Run



Melissa Wu
Olympic Diver
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**HELP RAISE
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Amoss Mckinley
Australian Firefighter
& CTF Ambassador

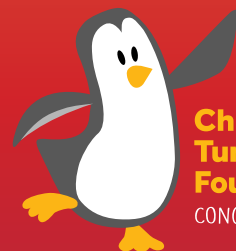
Christie Lamb
Singer/Songwriter
& CTF Ambassador



Neurofibromatosis (or NF), is a life-threatening genetic disorder that affects one in 2,500 Australians. By joining us for Cupid's Undie Run, you can help us conquer NF and support families living with it. Run in your undies, or fancy dress!

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CONQUERING NF

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Useful stuff to upgrade your every day

PARTY- PROOF YOUR BODY

Virtuous at Chrissy? Yeah... nah. Eat, drink and still shrink with our fast, easy strategies

By Georgie Lane-Godfrey

FESTIVE
CHEER



December's packed schedule (office lunches, boozy barbecues, obligatory pillaging of the work do's free bar) can spell **bad news** for your body – and brain. But fear not: with our genius party-proofing guide, you'll emerge unscathed. We've sought out the latest science to get you set, spur you on and speed up that recovery, regardless of what the social whirlwind throws at you. Ready, set, go!

PARTY PREP

High-speed health and fitness shortcuts to try, today!

WORK OUT SMARTER

How do you hold onto your fitness when you're hitting the free bar more often than the gym? Scientists at Canada's McMaster University have the answer – three 20-second sprints provide the same improvement to your respiratory system as a whole 50 minutes of low-intensity exercise! Even with a warm-up and cool-down, that's a 10-minute sesh, tops. Do three

sprint sessions a week in December and you'll be ready to hit it hard again in the New Year.

CRANK IT UP

For the quickest way to tone up, try pimping your burpees. "Add a push-up and tuck jump to the end of a normal burpee to ramp up the intensity," says trainer Jess Schuring. "As well as burning kilojoules, these will work biceps, triceps, pecs and deltoids." Strapless dress, sorted. According to Schuring – and scientists at

Nottingham University in the UK – short intense exercises also encourage the faster release of endorphins. The result? You're mentally and physically ready.

ROCK ON LIKE A VEGAN

To keep you partying from now until New Year, embrace a nutritional yeast (check out local health food stores). It's a great source of protein, which fires up the detox process, and is heavy on the

vitamin B12, an important nutrient for beating fatigue. Nice! Nutritional therapist Charlotte Watts suggests sprinkling the cheesy ingredient over your pasta or mixing it with olive oil and tossing through some veg before roasting. Delish.

TIME FOR TEA

Booze wreaks havoc on your gut by increasing intestinal permeability – when unwanted bacteria 'leak' through the gut and enter the bloodstream. "Your immune system tries to fight this,

triggering an inflammatory response that can lead to weight gain," explains nutritionist Rhiannon Lambert. Your saviour: dandelion greens. "The leaves keep the digestive tract moving," she says. Try a cuppa, steeping dried leaves for about five minutes.

PARTY STAMINA

For a family all-dayer (or night on the d-floor) try these tips and go the distance

PUT YOUR FEET FIRST

You look hot, but your killer heels are, well, killer. The solution? Try taping your second and third toes together. Seriously. Podiatrist Margaret Dabbs says the space between the third and fourth toes is prone to producing a Morton's neuroma: extra-sensitive nerve endings. "Taping these toes can help to alleviate this pressure," she reveals. More dancing for you.

BRING ON THE BUBBLES

'Tis the season, right? Good to know before you down that glass, though: the bubbles in fizz get you drunk quicker because they increase alcohol absorption into the bloodstream. Bonus? The recent trend for low-sugar bubbly (try Lindeman's Early Harvest sparkling wine) means fewer kJs. Get in.

REACH FOR THE OLIVES

Most party nibbles are full of fat and processed carbs. Not so the humble olive. Packed with vitamin E and phenolic compounds such as oleuropein, they're great for helping the body tackle the toxins you pump in at this time of year. Better still, scientists at Deakin University found they contain oleocanthal, which helps reduce inflammation. Gotta help with the morning after, right?

PERFECT YOUR PERFUME

Want to impress at the office do? Wear a fragrance with rosemary. A Northumbria University study showed it sharpens your mind – ideal when you're attempting to charm the boss with your wit. "Target pulse points where blood vessels are closest to the skin and emit the most heat," says perfumer Ruth Mastenbroek. We can smell that January pay rise from here.

PARTY REPAIR

The party's over... and now you need to undo all the damage. We've got you.

START THE DAY RIGHT

Dodge the bacon sangas, because porridge is your hangover's new enemy. "Oats have cysteine, an amino acid that helps break down acetaldehyde – a toxin produced by metabolised alcohol that also damages the liver," says nutritionist Rob Hobson. "Mix in manuka honey, which has antibacterial properties, and top with slices of banana to further support your liver."

REHYDRATE, DESERT-STYLE

Forget coconut water. With half the kJs and sugar, cactus water is what you really

need to rehydrate, fast! It contains antioxidants such as taurine – which helps to reverse muscle tissue damage (read: hangover) – and betalains, which help make the skin glow. The result? No one will know any prosecco even passed your lips.

HAVE A LIQUID LUNCH

Missed breakfast? Then soup is your saviour. A study by the American Chemical Society revealed that the salt hiding in yak-a-mein soup (a kind of beef broth) replenishes potassium and sodium lost thanks to the diuretic effects of alcohol. Bonus: the extra

salt will make you thirsty so you'll drink more – and rehydrate more quickly. Just don't have more booze.

BE OMMM POINT

Support your liver with a Child's Pose – sit on your heels, then fold over to touch your head to the floor. Yoga teacher Bridget Woods Kramer recommends putting a blanket or pillow over your thighs to compress your abdominal muscles and boost circulation to the lymphatic system for five to 10 minutes or for 10 breaths. Your body will thank you. **WH**





Route it

CHOOSE WHERE TO VISIT - AND HOW FAR YOU CAN GO - BASED ON YOUR TIME FRAME. "MY RULE OF THUMB FOR A WEEKEND IS NO MORE THAN FOUR HOURS OF DRIVING ON EITHER END," SAYS TRAVEL WRITER SARA BENSON (JUST VISIT GOOGLE MAPS FOR A TIMING BENCHMARK). "IF YOU HAVE A WHOLE WEEK TO MOVE FROM POINT TO POINT, YOU COULD COMFORTABLY AVERAGE ABOUT 150KM TO 250KM PER DAY."

SNACK ATTACK

WHEN YOU'RE HUNGRY AND A SERVO IS THE ONLY SPOT IN SIGHT, LOOK FOR THESE (AT LEAST SOMEWHAT) VIRTUOUS PICKS, SAYS NUTRITIONIST FRANCI COHEN.

BARS

Go for energy bars made from all-natural ingredients, with less than 800kJ and no more than 10g of sugar. Add-ins such as goji berries or coconut flakes are a bonus.

MINI CEREAL BOXES

Choose wholegrain oat-based cereals (paired with skim milk, if you have a minute or two to sit down) for a healthier start.

TRAIL MIX

You want a combo of seeds and dried fruit, for natural sweetness. No empty-kilojoule milk chocolate, but a little antioxidant-rich dark stuff is fine.

WHOLEGRAIN CRACKER AND CHEESE PACKS

These are often shelved next to the unhealthy biscuits and chips, but are worth sleuthing out for the calcium and fibre.

YOUR ROAD TRIP 101

Easy ways to slash stress, feel healthier and clock up the kay's in total comfort!

PRO STAY-SAFE TIPS

1. TIME IT RIGHT: FATIGUE IS ONE OF THE MAIN KILLERS ON THE ROAD. MOST CRASHES OCCUR IN THE WEE HOURS OR EARLY ARVO.

2. DON'T DRIVE IN THONGS.

Lodge
wisely

Don't leave home without...



A PAPER MAP

If you plan on being in the bush or off the beaten track, don't rely on your GPS alone. Hit up a servo or info centre for all the handy local maps.



A CHECK-UP

Before hitting the road, get a service. Check windscreen wipers, oil, brakes and tyres (including the spare one).



SUNSCREEN

While the laminating or tinting on your windscreen can block out the majority of UV radiation, Cancer Council Australia advises to slip, slop and slap when you're behind the wheel for long periods when the UV level is above three. Check this on the free *SunSmart* app. Easy.



ENTERTAINMENT

"I get either audiobooks or podcasts by regional writers who are from the places I'm going to," says travel author Jamie Jensen. Think *Picnic at Hanging Rock* if you're driving through the mountain ranges of Victoria, or *Cloudstreet* if you're on the west coast. Love podcasts? Try WH faves *Freakonomics* and *Do Go On*.

"Book your first and last nights' stays ahead of time," says Benson. Then, as long as you're game for adventure (read: not picky about top-of-the-line sheets), find mid-journey spots as you go. Even if it's high season at in-demand B&Bs, you're still sure to find a motel room if you look further out from major cities and towns. If you want to stay inside a national park, reserve ahead; accommodation can fill up, especially during school holiday periods. "But there are a lot of cancellations," says Benson, so try calling a week or three days before your planned arrival, in case you can just sneak in. **WH**

3. HAVE A DESIGNATED PHONE OPERATOR. EVEN HANDS-FREE CALLS RAISE WRECK RISK.

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work for you.



A simple glass of water mixed with OsmoLax Relief works to provide you with effective relief from constipation. Unlike some other laxatives that cause the bowel to contract, OsmoLax Relief works with the power of water to provide hydration and softness for relief that helps take the discomfort out. What's more, it's sugar free, salt free and virtually taste free when mixed with water or your favourite drink.

Better still, it's clinically proven to help restore the body's natural rhythm.

If you suffer from constipation, try OsmoLax Relief from your local pharmacy today.

www.OsmoLaxRelief.com.au




 A full-page photograph of Misty Copeland in a ballet pose, performing a grand jeté. She is wearing a white long-sleeved crop top, dark green shorts, and grey ballet slippers with black ribbons. Her right leg is extended horizontally to the side, and her left leg is bent with the foot pointed. Her arms are extended in a graceful arc. The background is a colorful, abstract wall with various patterns and colors.

VITAL STATS

AGE: 35

JOB: Principal dancer, American Ballet Theatre

GO-TO BREKKIE: Granola and yoghurt

FAVE SKINCARE BRAND: Proactiv+

WIND-DOWN SECRET: Post-dinner prosecco

STAR OF THE BARRE

Dance legend Misty Copeland gets real with WH

She's a global ballet star. An Under Armour athlete. And joining The Australian Ballet as a guest artist in November to dance *The Sleeping Beauty*. Here, she talks dedication, drive and the fine art of downtime.

MY FOCUS

One lesson I've learnt over the years is that you can't change yourself. In the classical ballet world, there have traditionally been rules about what dancers should look like and where they should come from. And as a working-class black girl with curves, I never did fit that mould. But ballet isn't about looking a certain way; it's

about what you bring to the stage, and how you make people feel. Like everyone else, I have bad days. But instead of running away, I go to bed and promise that I'll try again tomorrow. I tell myself what I tell the dancers I mentor: no boundary is impossible to break, and no challenge is too tough to overcome.

MY FITNESS

From the moment I first danced, I fell in love. I was an anxious child, but ballet made me feel safe and free. It's been a grounding constant that's allowed me to express myself. I wouldn't have the life I have if

I didn't excel, so I train daily – in classes or rehearsals. The exception is in spring, our busiest performance season, when I'm exhausted and spend Sundays in my pyjamas. Even on my honeymoon, I did ballet in the hotel room and the gym. Luckily, my husband, Olu [Evans, a lawyer], accepts my love affair with dance. We've been together 12 years and he understands the responsibility I have as a ballerina and as an African American female role model.

MY FOOD

The physical intensity of ballet training requires fuel; if you don't get enough, you can't perform properly. Consistency is just as important to my diet as it is to my training. For breakfast, I have granola and yoghurt with a coffee to fuel my morning class. I'll then snack on fruit to keep my energy levels up, and rehydrate with plenty of water. At 2pm, I'll have vegetable soup or a sandwich and then graze on a bag of nuts. My biggest meal of the day is dinner – I'm a pescetarian, so it's normally fish (I love roasted salmon) with greens. Taking time over food, catching up with my husband and enjoying a glass of prosecco is the perfect end to a day.

MY FACE

Sitting in the make-up artist's chair before a show, I watch as they transform me. It must be the way professional athletes feel when they put on their kit. Stage make-up is heavier than standard cosmetics and, along with all the late nights, it can take its toll on my skin. So I make sure every bit is taken off with Proactiv+ lotion before I go to bed at night – I've used it for 15 years and it's kept my skin clear. Off stage, I'm pretty low maintenance: I'm not interested in experimenting with products, and I only wear make-up if I'm going to an event. I sweat so much during the day that it would be a total waste of time. **WH**



THE EMOTIONAL WAKE

It's the aura-like after-effect that can alter your state of mind and relationships – here's how to take charge of it like a boss

By Ada Calhoun

A friend and I recently ran into a woman I've known for years. I respect her and yet, whenever we interact, I depart under an anxiety cloud, thinking, 'Why do I feel so flat now? Does she not like me?' As we talked, she gossiped about someone I didn't know and seemed to vibrate with negative energy. After we left her, my friend turned to me and said, "Why do I suddenly feel like crap?"

Every human interaction imparts some feelings for either side to process. While it's obvious that you'll walk away stung if someone insults you, conversations often pack more subtle undercurrents. It could be a matter of disconcerting words, an odd look, an eyebrow-raising text or just a mood that descends like a fog when a person departs. This after-effect is called an emotional wake – the feelings churning behind a conversation like the waves behind a speedboat.

Sometimes the wake is an uplifting one, but walking away from a negative exchange can leave us feeling somewhere between vaguely anxious and downright destroyed. And often people aren't aware of the effect they're having, says leadership expert Susan Scott, who believes it's key for all of us to examine the wake we leave.

The aura we create

Think of the phenomenon as 'catching' someone else's feelings, which our brains are wired to do. When we see someone making a face, for example, it's enough to

trigger our brain to make that same expression ourselves. This mirroring lets us display empathy, but it can also make it hard to tell where our emotions end and another's begin.

That's all good when you're coming from a happy interaction, such as cracking up with your bestie or getting praised at work. But when a bitter mate eats up your break with her rants, or a boss doles out only criticism, you wind up feeling like garbage. In the same way people go into fight-or-flight mode when physically threatened, when you perceive an emotional threat ('My friend seems bored by me,' 'My boss never thinks my work is good enough,'), your thinking brain gets hijacked by your emotional brain. You snap into defensive mode and become closed off and fearful, or you struggle to feel compassion for the person who's bumming you out.

Worse still, the blowback can impact both mind and body. When someone frequently leaves a toxic wake and you don't do anything to address it, a sort of emotional sediment forms, which can lead you to feel depressed, anxious or even sick. Research by Ohio State University, US, shows our immune systems are affected by the relationships we have. Meanwhile in a 12-year study of more than 9000 subjects, University College London scientists discovered that people in negative relationships had a greater risk of developing heart problems



than those whose close relationships were mostly positive. Fascinating!

Own your wake

The upside? Simply being conscious and owning your aura can vastly improve your relationships. Easy ways to leave people feeling good: make eye contact, ask thoughtful questions, listen to the responses. "Think, 'What has their day been like?'" says marriage and family therapist Jennifer Uhrlass. "If you take a real interest in people, that can have a huge impact on how they feel about ... and around you."

Another key is recognising and spelling out your own feelings. "If you come home from a tough day and yell at your partner, he thinks it's about him," says psychologist Dr Arielle Schwartz. "Instead, how about saying, 'I had a rough day at work ... but it's not your fault.'" Sharing a laugh helps a lot, too.

Sometimes your wake has less to do with how you feel about a particular person and more to do with what's going on internally. When you're constantly feeling run down, chances are slim that you're boosting anyone else around you.

0.5

Come up for air, mate. When you're chatting, a half-second is the perfect pause between sentences for someone to take in what you're saying, reckon scientists.

Source: University of Gothenburg

And if you're getting feedback, especially from more than one person, that you seem angry, unkind or generally a downer, pay attention. "This doesn't mean that everything you hear from a family member, co-worker or friend is true," says Schwartz. It may be about their perceptions or projections. That said, if the reports are unanimous, it could be time to change things up.

Process their wake

When you're on the receiving end of someone's nego 'tude, your first instinct might be to bolt. "But remember ... it's not your distress," says Dr Sylvia Morelli, director of the Empathy & Social Connection

Lab at the University of Illinois at Chicago. "The key is to see what they're feeling but not take it on."

One clinically proven strategy, she says, is visual distancing. This means you listen but imagine yourself physically farther away from the person than you are. That doesn't mean checking out emotionally; just focusing on the broader picture. Another is to cut in with kindness. One mental health professional, who asked to remain anonymous, has a client with a strong negative wake. "I ... point out the things she does well, which takes some of the steam out of her toxicity and makes me better able to deal with her," she says.

Having a person like this in your life raises the question: when do you speak up, and when do you just let it go? "If there's a mutual long-term commitment to the relationship - a spouse, a friend, a boss - then it's worth your while to bring up how they make you feel, even if it's uncomfortable," says Schwartz. Dealing with it can be good for both of you (if they're willing to engage). Nothing can get better if we just accept things as they are, right? Good vibes only, please! **WH**

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SHOULD YOU KEEP A SECRET?

**When that skeleton in your closet can't be ignored, do you come clean
or try a *Scandal*-style cover-up? Experts reveal when to confess**

MONEY

THE SECRET: You've
racked up huge debts

FESS UP OR SHUT UP?

Tell your other half. "Once you're in debt, it's going to affect the future for both of you," says Dr Gail Saltz, psychiatrist and author of *The Power of Different*.

DEAL WITH IT

The earlier you tell them, the better. "There's no amount of debt that's good to keep secret," says Saltz. Tell your partner you want to earn back their trust and will make financial sacrifices to do so. Discuss possible causes openly, so they know that it wasn't out of a disregard for

them, but down to your own underlying issues. Explain that, with their support, you're now ready to get the money situation sorted.

NEXT STEP

Transparency is a must, confirms Saltz. You'll want to share bank statements as well as plans for catching up with repayments. Talk about any long-term financial and life goals, such as starting a family or buying a house, and how you can achieve them together. It's a bit heavy for a Friday night, maybe, but ultimately well worth it.

WORK

THE SECRET:
You ruined a project

FESS UP OR SHUT UP?

Fess up, especially if your blunder might actually harm your company, says career expert Maxie McCoy. "If, for instance, you sent sensitive data to the wrong recipient, or your budget forecast was flawed, you need to come clean. And soon," she says.

DEAL WITH IT

Think of ways you could remedy your mistake – you want to own up with more than just an apology. Then, advises McCoy, ask to see



KEEPING QUIET?

Consider picking up a pen to help you cope. The American Psychological Association found that expressive writing (where you rant not only about events, but how they made you feel) lowers stress and helps you make changes off the page. Another way to find balance? Practise a kind of mindful daily honesty, suggests Paul Wilkes, author of *The Art of Confession*. "Before going to bed, ask yourself: 'When was I the best person today? Let me do more of that tomorrow. When was I the worst person today? Let me not do that tomorrow.'"

LOVE

THE SECRET:
You've been unfaithful

FESS UP OR SHUT UP?

Ah, the biggie. And, in this case, it actually depends. "If it was a one-time fling, there's a strong argument for keeping quiet," says Dr Scott Haltzman, psychiatrist and author of *The Secrets of Surviving Infidelity*. But what if it's a recurring issue? "There's an ongoing problem that has to be dealt with," he says.

DEAL WITH IT

Confess at home, not in public, so your partner can fully express themselves. "Be direct but sensitive," says Haltzman. "No matter how you phrase it, it'll hurt." Your partner is likely to demand painful details. "Let them decide what they want to hear.

your boss. "Get to the point quickly," she recommends. "Say, 'I made a mistake and I have some ideas about how we can solve it.' It is crucial to take full responsibility. That's a leadership tactic that builds trust and rapport."

NEXT STEP

Let the situation breathe. "Your boss needs a chance to react. But make it clear you're invested in fixing the problem," says McCoy. "Once it's sorted, thank your superiors for understanding it was a one-off error and for allowing you to prove yourself." Ultimately, your honesty could actually turn this episode into a plus.

You need to rebuild trust, which is based on honesty."

NEXT STEP

Obviously, you have to end contact with the other person. Then make your life an open book, recommends Haltzman. You might want to share your online passwords and explain your time spent out ("I'll be having drinks with Sarah, then home"). Still need help? Saltz suggests seeing a therapist together. Visit relationships.org.au for deets on support services nationwide. **WH**

FIND YOUR PURPOSE

Take a lead from the Japanese to max your good vibes, fast

By Alex Davies

Some trivia for you: Japan's had the longest life expectancy in the world for more than two decades. We're talking 83.7 years, according to the World Health Organization's 2017 report. Experts reckon the nation can thank everything from living standards to diet, as well as a little thing called *ikigai*. It's a concept that's nothing new in Japan, but has now hit the global wellness radar. Here's a crib sheet – plus, how to harness *ikigai* for your happiest day yet.

So, what are we talking about here?

In short, your reason to get up in the morning. Over to Ken Mogi, Tokyo-based neuroscientist, broadcaster and author of *The Little Book of Ikigai*. “Ikigai is the purpose of life; the driving force that makes you carry on through difficulties and challenges in your life,” he explains. “Every Japanese [person] would have his or her own ikigai. It's something so natural to us, like the air we breathe.” Sounds good!

OK, great. How do I find mine?

It's all about tapping into the small things that bring you joy. “What gives you pleasure? These are seeds of ikigai. Put your attention and care into it, to make it grow into full bloom,” says Mogi. “Have a portfolio of small things that give you joy. Coffee in the morning, a piece of cake, the early sunshine, taking a walk, listening to the birds, cooking, seeing your family, checking your [phone].” A spectrum of these solidifies your ikigai, he adds. Rely on just one thing? It might not be doable or available one day. This ain't your office *Bachelorette* sweepstake – you don't have to pick just one favourite.

What can ikigai do for my life?

“If you have ikigai, you're able to be creative and optimistic by finding joy in the small things in life,” says Mogi. “You focus more on the here and now, and the quality of your performance improves. You don't need to be successful in the worldly sense to have ikigai, but it actually may help you become successful as a bonus.” Watch out for busying yourself so much with big goals and huge projects that you forget the little wins, Mogi warns. Right, you heard the man: down with working through lunch, and up with a trip to your fave cafe. After all, Ikigai tells you so. **WH**

86.8

THE AVERAGE AGE WOMEN IN JAPAN LIVE TO, COMPARED WITH 80.5 YEARS FOR DUDES. YOU GO, GIRL.

Source: WHO

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Beauty&Style

Simple secrets to feel
great and look amazing

brief

LOVE
THE SKIN
YOU'RE IN





Skin deep

Surprising but true: just a few short minutes nourishing your physical self can equal major benefits for your mind and spirit. Here's how to get comfortable (really comfy) in your own skin

Edited by Sally Hunwick



h

Here's an idea: there is no correlation between the size of our thighs and our self-worth. Obvious, right? Well, it's important to keep in mind because some of us can be pretty tough on our bodies. But there's a shift happening – and it's towards body love.

The proof? A new study, presented at an American Psychological Association convention, found that over the past three decades, women's feelings of body dissatisfaction have fallen more than 28 per cent. Researchers say this reflects a positive change around body acceptance and body diversity. This change in attitude has also made its way onto social media, in the form of women proudly posting stretch mark selfies rather than airbrushed perfection. Actresses such as Jennifer Lawrence are also openly refusing to starve themselves to conform to Hollywood's body ideals, while singers (thank you, Pink) are standing up for a more diverse range of the body beautiful.

Another sign we're happier with our bods? The word 'strong' has begun to replace 'thin' as the most ticked in our body vocabulary. And, when asked in a recent *Women's Health* poll, readers said they wanted to see words like 'strong' and 'toned' rather than 'ripped'.

Many experts believe that loving the skin we're in begins in the bathroom. "Routinely caring for our skin sends a message to our brains that we care about ourselves, which contributes to greater body acceptance," says psychologist Dr Vivian Diller, author of *Face It*. "There is research showing that people who pay attention to themselves can improve their attitude and therefore their health. The healthier and happier we are, the more confident we feel." Makes sense!

Ready for self-love? Here are four rituals that will benefit your body, inside and out.

Ole Henriksen Rub n' Buff Transforming Salt Scrub, \$58

Palmer's Coconut Oil Formula Coconut Oil Body Scrub, \$9.99

The Body Shop Spa Of The World French Grape Seed Scrub, \$43

USPA Coffee, Sea Kelp & Macadamia Rejuvenating Contour Scrub, \$35

Exfoliate

REVEAL YOUR SOFTER SIDE

Frank Body Shimmer Scrub, \$19.95

Jurlique Body Exfoliating Gel, \$47

Sephora Sugar Body Scrub, \$36

Endota Spa Organics Arnica & Menthol Recovery Scrub, \$40

The process of shedding an outer layer of skin is a critical part of the life cycle of many animal species. Exfoliation can bring a similar sense of renewal for people, too, both physically and mentally.

"The skin cells on the body are harder than those on our face and don't renew on their own as easily," says New York-based dermatologist Dr Julie Russak. So we need to pitch in and scrub from

the neck down more than we do from the neck up.

There are many ways to exfoliate, but the mechanical route is the best for your mood. The reason: it requires actual physical scrubbing and interaction with your bod, unlike a chemical exfoliator, which uses acids (think glycolic or lactic) to do the job.

Sugar- or salt-dosed body scrubs smooth and hydrate simultaneously (many also now come with a dose of mind-boosting aromatherapy). But you might

also want to enlist an exfoliating tool. Textured body mitts rely on nothing but brisk buffing once or twice a week to eliminate dead skin cells on tough areas such as the feet, elbows and knees. Then there's dry body brushing – the Ayurvedic practice of sweeping a vegetable-bristle brush from the toes to the neck.

"The upward motion revs blood circulation and also helps with lymphatic drainage too," explains Russak.

Stretch

SET YOURSELF IN MOTION

We know that yoga does the body a world of good – but it also works wonders for the mind and skin, too. Downward Dog kickstarts blood flow and skin regeneration, twisted poses aid digestion (often the source of skin issues) and Mountain Pose creates an oxygen flow that helps the body to purge toxins.

"Yoga is a great way to boost your circulation," says Lorna Jane Clarkson, yoga expert and author of *Love You*. "It may seem slow and relaxing at first – but once you start, you'll realise it is actually quite challenging. Before you know it, your heart will be pumping."

Studies show that regular yoga practice can calm stress levels and balance out hormones – both of which are associated with premature cell ageing. "When done in combination, a series of yoga poses can pump oxygen through your body, which is proven to help increase circulation and also reduce skin dullness," says Clarkson. "The stress relief that comes from doing yoga regularly is also your best friend when it comes to anti-ageing."

Good incentive during a challenging pose.

Soak

TAKE THE PLUNGE

Baths are a major time commitment. But what you lose in minutes, you gain in calm. A 2016 study in journal *Health & Place* found that simply being near water lowered stress levels. If you want to ramp that effect up a notch, use the tub as a shortcut to meditation.

"The benefits of yoga and meditation are endless," says

Clarkson. "Setting aside time in your day to be in the moment and truly tap into your inner thoughts allows for clarity and an inner calmness that is incredibly beneficial for our emotional health," she adds.

All it takes is a few minutes of simple meditative and intentional breathing: inhale deeply, drawing the belly in, then exhale slowly, letting the belly get softer. Repeat.

"By bringing your attention to your body and your breath, you calm your mind

and relieve any physical and mental tension," says Clarkson.

Try to make bathtime a tech-free, book-free, sound-free experience to calm the senses and prepare for inner peace. And keep the temperature warm, never hot, advises Russak. This is especially important if you're prone to skin irritations such as eczema.

The Body Shop Cactus Brush, \$19

L'Occitane Lavande Foaming Bath, \$43



Clarins Relax Bath & Shower Concentrate, \$42



Massage

FEEL THE DIFFERENCE

Sure, it's relaxing. But numerous studies have found the sense of touch to be critical for boosting immunity, managing anxiety and reducing levels of the stress hormone cortisol. So when you apply your moisturiser, don't just slap it on – take a moment to work it in.

"Research shows that oxytocin is released by gentle, conscious touch from another or oneself," explains chiropractor and movement specialist Dr George Russell. "Some researchers call it the 'bliss hormone'; I call it the 'eat, pray, love' hormone, because it gives a feeling of generosity, contentment and connectedness. And the more you feel your own body, the more secure, confident and responsive you'll be."

It doesn't have to be a 60-minute massage either – a few minutes a day of positive touch reaps serious benefits. Starting at the feet, work a body oil into skin with both hands. Using a circular motion, move from legs to hips to belly into the chest, arms and up over the shoulders.

"There's something very powerful in nurturing yourself in that way," says Kerrilyn Pamer, co-owner of spa and boutique Cap Beauty in New York. "Skincare is like lingerie: maybe not everybody sees it, but you know what it feels like." **WH**

Payot Élixir Nourish Repair Sublimate, \$83

KORA Organics Noni Glow Body Oil, \$79.95

Sans Ceuticals Activator 7 Body + Hair + Face Oil, \$60.20



WHAT'S YOUR

YOU? **NESS?**

It's rediscovering
the 'me'
in awesome.

laserclinics
A U S T R A L I A

SKIN
LASER
INJECTABLES

GUT INSTINCT

Want naturally glowing skin? Then look beyond the surface. Experts now believe the key to a killer complexion actually starts in the belly

By Sally Hunwick

IHere's something new: it's no longer bad manners to talk about what's going on inside our tummies. Research now confirms that if we pay attention to the health of our gut, we can prevent breakouts, redness, dullness, inflammation and toxic build-up in our skin. Sounds good. But how can we improve gut health, fast? And what exactly is the connection between the gut and our skin? We ask the experts to shed some light on what's going on inside.

THE SKIN-GUT CONNECTION

Think of it like this: the skin and gut are like job-sharing co-workers. Both have been assigned the big job of getting rid of unwanted nasties. "The gut and the skin are two of the body's key pathways of elimination," according to Danielle Steedman, naturopath and Blackmores expert. "They work in partnership, so if one is not functioning efficiently, then the other will be burdened."

The reason that matters? If that burden on the skin gets too much, it could mean anything from redness and rashes, to sensitivities and acne – or it could just translate to skin that's dull and out-of-sorts.

When it's working properly? Our gut is a little factory that pumps out a host of vital vitamins and nutrients, such as skin-boosting B2, B3 and biotin. It also produces detoxifying B12, folic acid and vitamin K. But if things get a little out of whack, our gut's first path of resistance is inflammation. If issues like this persist for too long, it can be bad news for your complexion.

"Where there is gut inflammation, there will be skin inflammation," says Carla Oates, founder of The Beauty Chef. Inflammation can increase sebum production, which at skin level can equal redness and spots. It can also "accelerate the decline of collagen and elastin", adds Oates. The upshot of which can be lines, sagging and general skin dullness.

A FINE BALANCE

Considering our fast-paced lifestyles and the fact that we're constantly surrounded by highly processed, calorie-laden foods (hello work vending machine!) it's little wonder our bellies often feel off-kilter.

A healthy gut is all about balance. Simply put, when it comes to gut bacteria, there needs to be more good than bad swimming around down there. If we're under too much stress, or over-indulging in nutrient-poor food and wine time, our system can quickly get toxic.

Also keep in mind that, along with our nails and hair, our skin is one of the last parts of our body to get access to any nutrients (our vital



organs get first dibs), so it's usually the first area to suffer if things aren't balanced inside.

The good news is, changing up your diet and lifestyle will help a complexion in crisis.

"Limit excessive amounts of refined sugar and alcohol and avoid foods you have been diagnosed as allergic or intolerant [to]," advises Jessica Gorman, Swisse expert and naturopath, who also suggests reducing stress and hitting the gym regularly.

THE ROLE OF PROBIOTICS

Naturally found in our stomachs in their millions, probiotics reduce inflammation, support the skin's barrier function, and play a major role in how we obtain nutrients from the food we eat. Basically, they're the white knight for stressed-out skin.

"A diet that includes probiotic-rich foods is the best way to improve your gut bacteria ratio," confirms Steedman. "Probiotics can be found in many of the foods we regularly eat, including yoghurt, miso and fermented foods, such as sauerkraut."

"Good bacteria is your best friend when it comes to beautiful skin, hair and nails," says Oates. "There are numerous clinical trials that link a specific strain of bacteria with a positive health or skin benefit. *Lactobacillus acidophilus*, for example, has a very positive effect on acne."

SO WHAT ARE PREBIOTICS?

Prebiotics are equally important in the quest for serious skin glow. "The combination of prebiotics and probiotics helps promote a healthy gut more than either consumed alone," says Oates. "They boost your immune system and support the body's detoxification and elimination pathways."

Able to pass through the small intestine undigested, prebiotics can travel all the way to the colon where they're fermented by gut flora. Basically, they act as the probiotics' home-delivered meal.



WelleCo The Super Elixir, \$135

The Beauty Chef Glow Inner Beauty Powder Advanced Formula, \$59.95



"Prebiotics are fuel for probiotics," explains Steedman. "These good bacteria need nourishment and they fuel their growth and activity by feeding on prebiotics."

To get more of them in your diet, stock up on "slippery elm, banana, Jerusalem artichoke, leek, garlic and onions", says Gorman.

THE WAY TO GUT EQUILIBRIUM

"Filling your plate with unprocessed, organic, antioxidant-rich fruit and veggies, seeds, nuts, herbs and spices is a great way to keep inflammation and disease at bay," says Oates. "Antioxidants also help to mop up free radicals, which cause oxidative stress and inflammation."

If you can't get your probiotic quota up through food, or your gut is taking a hit due to travel or illness (prescription antibiotics kill off good bacteria along with the bad), you may want to consider a supplement. "When we don't have access to these foods in high amounts, probiotic supplements are recommended," says Gorman.

In short? When it comes to good skin, it really does seem to start in the belly. So next time your skin is crying out, try getting your gut happy, rather than the latest fad.

"When you have a healthy gut you will have fresh, even, glowing skin, free from breakouts," says Gorman.

We'll drink a kombucha to that. **WH**

Gut happy

Seven ways to keep your gut happy and your skin glowing

- 1 Eat a wide range of food**
Especially vegetables, fruits, seeds, legumes and fibre-rich carbohydrates to stimulate different strains of good bacteria.
- 2 Get into fermented**
Yoghurt, sauerkraut and kefir contain good bacteria *Lactobacilli*, which help reduce the risk of disease.
- 3 Limit sweeteners**
Research shows artificial sweeteners increase blood sugar by stimulating the growth of unhealthy bacteria in the gut.
- 4 Take a supplement**
Particularly when your skin is looking blah, a probiotic supplement ensures you're giving your gut a healthy dose of live bacteria.
- 5 Stock your plate with prebiotics**
Think artichokes, bananas, asparagus, oats and apples.
- 6 Embrace wholegrains**
With loads of fibre and beta-glucan, wholegrains will encourage good bacteria to flourish.
- 7 Focus on polyphenols**
Plant compounds found in red wine, green tea, dark chocolate and olive oil, polyphenols help boost healthy bacterial growth.

Smooth summer beauty

GLIDE INTO SUMMER WITH SMOOTH, BEAUTIFUL SKIN THAT'S TOUCHABLY SOFT. ONLY GILLETTE VENUS COMFORTGLIDE HAS MOISTURISING BODY BUTTER BARS TO DELIVER COMFORT AND CLOSENESS

Venus ambassador Pia Miller says shaving is an essential part of her beauty routine, and the Venus ComfortGlide is her secret to keeping her skin smooth and supple, all summer long. It's the only razor with flexible bars which adjust to the contours of a woman's body.

PIA'S SUMMER BEAUTY TIPS

SUMMER BEAUTY PREP?

"For me, summer is all about smooth and radiant skin and I try to keep it simple by hydrating and moisturising regularly. I like to prep my body by doing a gentle exfoliation and then I use the Venus ComfortGlide for a close and comfortable shave. Because I'm outside a lot, I like to use a good hair mask once a week to keep my locks smooth and sleek. I use a hydrating lip balm and always apply a light tinted moisturiser with SPF to keep my look fresh-faced and dewy."

BEACH BAG ESSENTIALS?

"I love being outdoors and try to get as much vitamin D as possible, but at the beach you'll always find me in an oversized hat! Apart from sunscreen, my beach bag contains a Turkish towel, lip balm, sea salt spray, a water bottle, sunnies and a good book. Of course, being at the beach, smooth legs are a must. The Venus ComfortGlide body butter-enriched moisture bars give me a beautifully close shave and leave my skin feeling hydrated and smooth."

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#VenusSmooth
#VenusComfortGlide

Pia

Pia Miller
Venus Ambassador




Gillette
Venus
comfortglide™

ENDLESS SUMMER

MAKE A SPLASH WITH
ATHLEISURE LOOKS SO HOT
SOMEONE MAY NEED TO DIAL
THE FIRE BRIGADE!

Photography by Richard Freeman Styling by Charlotte Stokes



Calvin Klein swim top (worn underneath), \$89.95, and briefs, \$69.95; Seafoolly long-sleeved top, \$109.95; Dinosaur Designs earrings, \$125; Garmin Vivoactive HR sports watch, \$399; Skullcandy headphones, \$279.95



Summer Style Tip

LOOKING FOR
EXTRA SUPPORT
WHEN ROCKING
WETSUITS AND
NEOPRENE? LAYER
A SPORTS BRA
UNDERNEATH.

THIS PAGE

Duskii swimsuit,
\$230; Lorna
Jane sports bra,
\$67.99; Dinosaur
Designs yellow
bangle, \$102,
green bangle,
\$110, and blue
bangle, \$180

OPPOSITE

HUNTRLND jacket,
\$139; Billabong
one-piece, \$119.99;
Dinosaur Designs
hoop earrings,
\$125; Skullcandy
headphones, \$99.95

Summer Style Tip

MONOCHROME IS MASSIVE RIGHT NOW. EXAMPLE? THIS UBER-HOT WIND BREAKER. THROW IT ON FOR THE IDEAL QUICK-DRYING BEACH BASIC!



THIS PAGE

P.E Nation top,
\$139; O'Neill
briefs, \$59.99;
Alexandra Blak
earrings, \$69;
Dinosaur Designs
cuff, \$190

OPPOSITE

adidas x
Equipment jacket,
\$120; Running
Bare crop, \$79.99;
JETS bottoms,
\$64.95; Garmin
Fenix 5S sports
watch, \$799



Summer Style Tip

MESH DETAILS
AND CUT-
OUTS ARE A
MAJOR TREND
THIS SEASON.
THEY'RE GREAT
FOR BRINGING
ATTENTION
TO WHAT YOU
LOVE ABOUT
YOUR BODY.

**THIS PAGE**

LNDR top, \$99
@ Mode Sportif;
Puma leggings,
\$60; Running Bare
jacket, \$139.99;
Roxy hat, \$19.99;
Alexandra Blak
ring, \$255

OPPOSITE

Zingiber top, \$159;
Stella McCartney
shorts, \$90 @
Mode Sportif;
Alexandra Blak
necklace, \$299;
Marimekko
bag, \$350



Summer Style Tip

ONE-SHOULDER
SWIMWEAR IS
YOUR BODY'S
BEST FRIEND!
IT HELPS TO
BALANCE OUT
BOTTOM-HEAVY
FIGURES AND
FLATTER YOUR
SHAPE, FAST!

FASHION ASSISTANT: HAYLEY O'NEILL. HAIR AND MAKE-UP: KATRINA RAFTERY @ DLM.
MODEL: NATASHA @ IMG. SURFBOARD: WITH THANKS TO HAYDENSHPES



THIS PAGE

P.E Nation swimsuit, \$199; bond-eye Australia swim top, \$69.95; Fitbit ionic sports watch, \$449.95, and band, \$49.95; Dinosaur Designs pink bangle, \$150, white bangle, \$110, and yellow bangle, \$102; Ginger & Smart bag, \$449; adidas shoes, \$260

OPPOSITE

Zulu & Zephyr swimsuit, \$180; First Base shorts, \$109; Fendi sunglasses, \$770; Dinosaur Designs resin necklace, \$210; Garmin Forerunner 935 sports watch, \$699 **WH**

THE FAT-TRAP SURVIVAL GUIDE





*Life's great. Until its
biggest milestones
hurl you down the
slippery slope of
weight gain. Fashion
an escape plan, fast,
with these smart
science-backed tips*

By Amelia Jean Jones

SO, YOU'VE MET THE PERSON YOU WANT TO SPEND THE REST OF YOUR LIFE WITH. YOU'VE LANDED A 'NOT BAD AT ALL' JOB. AND YOU'VE EVEN GROWN INTO THE WOMAN YOU WANT TO BE. FEELS PRETTY GOOD TO BE AN ADULT, DOESN'T IT? (MOST OF THE TIME, ANYWAY – DAMN YOU, TAX RETURN.) BUT BEWARE: THOSE BIG LIFE STAGES AREN'T ALL WINE AND ROSES. LURKING BEHIND THEM? HIDDEN FAT TRAPS JUST WAITING TO POUNCE. LUCKILY, WE HAVE THE SKINNY ON HOW TO SWERVE THEM...



The milestone

THE BIG BIRTHDAY

YOU GET PRESENTS, CAKE AND, IF YOU DON'T START GETTING SAVVY, A MASSIVE KICK IN THE BUM FROM MOTHER NATURE.

Trap #1

What your 30s deliver in confidence and improved sexual encounters, they take away in muscle mass, which declines at about one per cent per year from the age of 30. Oh.

THE ESCAPE: "At this age, it's not due to biology," says Ian Macdonald, professor of metabolic physiology at the University of Nottingham, UK. "Muscle mass can be maintained or even improved until much later. In reality, it's because of our lifestyles and the fact we exercise less as we get older." If you're not already strength training three times per week, get into that game, pronto.

Trap #2

The big 4-0 is coming up. Yew! But hang on a sec. "Changes in progesterone, oestrogen and testosterone can affect fat distribution, so you start to lay down more abdominal fat than before," reveals Macdonald.

THE ESCAPE: Boost your fibre! Research published in *Annals of Internal Medicine* shows that aiming for 30g a day can be as effective as more restrictive diets when it comes to controlling your waistline. "If you're prone to constipation, look to include more soluble fibre, like legumes and flaxseeds, which help things move a little easier," says nutritionist Rhiannon Lambert.

Trap #3

The average woman enters menopause between 48 and 52, according to the Australian Menopause Centre, and those plummeting hormone levels may contribute to sarcopenia, aka biological muscle wastage.

THE ESCAPE: To feed your muscles, commit to protein. "Get a portion at every meal but remember to watch kilojoules; less muscle means less energy-burning potential," says Lambert. "Focus on oily fish for your main protein source."



The milestone

THE BIG JOB

YOU FINALLY HAVE A JOB YOU ACTUALLY CARE ABOUT AND/OR IT'S PAYING THE SORT OF SALARY THAT MAKES LIFE IN THE BLACK AN ACTUAL POSSIBILITY. DOWNSIDE? IT'S ALSO MAKING YOU PACK ON A FEW.



Trap #1

You can vaguely remember a time you'd be home before *Lateline*. Bad news: women who work more than 40 hours a week are more likely to experience weight gain, according to research published in the *International Journal of Obesity*. Not ideal!

THE ESCAPE: In a perfect world, meal prep. Since time is precious, we have one word for you: eggs. "They're the most bioavailable form of protein for the body," says Charlotte Watts, author of *The De-Stress Effect*. "And they're the quickest things to cook. Knocking up a frittata for a late-night dinner will take 15 minutes, max. Then take half in the next day for breakfast or lunch." Alternatively, "boil up a batch of 10 eggs on a Sunday evening, so you know that you've got two a day for snacking on." Though how popular they'll make you with colleagues is debatable.

Trap #2

Get in. You got a company credit card to wine and dine the big guns. The chateaubriand's on you, kid.

THE ESCAPE: Pretend you're still paying, even if you have an expense account. In fact, especially if you have one. "People give themselves permission to be bad – extra drinks, a big steak dinner – because it's with a client," reveals Dr Andrew Rundle, an obesity researcher at Columbia University in the US. Also, set yourself a one-drink limit. When you have an alcoholic drink, you burn less fat – and more slowly than usual – because the alcohol is used as fuel instead. Knocking back the equivalent of two martinis can reduce your body's fat-burning ability by an eye-popping 73 per cent, according to *The American Journal of Clinical Nutrition*. Yikes.



Trap #3

The deadlines, the unreadable boss, the creeping suspicion that every time she asks you into her office it's to call time on your job. Hence the diet of caffeine, carbs and quiet sobs.

THE ESCAPE: "Look out for foods that boost the mood-balancing hormone serotonin, so you don't go stress-binging," says Lambert. "For starters, swap coffee for good-quality, unprocessed green tea. The body deals with [the tea's] caffeine content differently so it has less of a serotonin-suppressing effect. It also contains the amino acid L-theanine, which reduces your physiological responses to stress by raising levels of GABA, the calming neurotransmitter." Meanwhile, fill up on nuts, soybeans, tofu, eggs and red meat – "they're all great sources of tryptophan, a precursor to serotonin," says Lambert. And tastier than a Downward Dog, right?

The milestone THE BIG RELATIONSHIP

YOU'VE MET THE ONE, WHO MAKES YOUR HEART SWELL... WITH YOUR JEANS SIZE!

Trap #1

You've gone from restaurant trips and conversation to TV dinners and enforced silence during *Billions*.

THE ESCAPE: Remember those early days when you'd linger for hours over a meal and, you know, talk to each other? It's time to go back to that. "Research in the journal *Appetite* found people who ate while watching TV snacked around 69 per cent more a few hours later," says Lambert. Slow things down by spending an hour over dinner, preferably at a table. The slower and more aware of your eating you are, the more satisfied you'll feel. Also, try chewing more thoroughly. A study by Iowa State University in the US found doubling the amount you chew reduced food intake by 15 per cent.

Trap #2

Officially this phenomenon is called 'dietary convergence'. Unofficially it's called Man Portions.

THE ESCAPE: "Have what he's having, but reduce the portion or tweak it," says Lambert. You're looking at serving up between two-thirds and three-quarters of his plate. Need help on the control front? A study in the *Journal of Marketing Research* found people ordered 39 per cent more kilojoules when sitting in restaurants with low light. Why? Because we feel more alert in brighter rooms and are therefore more likely to make healthier decisions. So either crank up that dimmer switch or splash cold water on your face before serving. Easy!

Trap #3

You're the proud co-founder of a foetus – and making the most of that old eating-for-two theory.

THE ESCAPE: Hate to break it to you, but "in the first trimester, you don't need to increase your kilojoules by much at all, certainly by no more than 850 kilojoules a day," says Charlie Launder, a specialist in pre- and postnatal training. While aerobic exercise into the late stages of pregnancy has been associated with shorter and less complicated labours, Launder is a big fan of strength training. "Keeping joints strong will help protect your body against weight gain." Talk to your doc before starting anything new for a happy baby and bod. **WH**

WONDER

By Alice Ellis

WOMAN

Photography by Steven Chee

Rachael Finch has come a looong way since her Miss Universe days. She's smashing it with her own fitness program, workout apparel brand, sports reporting, book-writing and ambassadorships - as well as motherhood

SEAFOLLY
SWIMSUIT,
\$199.95;
SEAFOLLY
BAG, \$109.95;
RELIQUIA
EARRINGS,
\$130



W

When Rachael Finch was crowned Miss Universe Australia in 2009, she wrote a list of goals. The 29-year-old has been slaying that list ever since. Having always valued fitness, and wanting to motivate other women to strive for their healthiest selves, one aim was to create a fitness program. Earlier this year she launched a program of dance-based workouts and meal plans (now rebranded as BODY by Finch, without the dance focus). Another goal? To create a fitness apparel brand. And, drum roll please, in the new year, Myer will stock her first range.

Finch is the ideal advertisement for her product – she's in strong shape (hi, abs!). That's despite being a mum of two young kids (Violet, four, and Dominic, eight months, with dancer husband Michael 'Misha' Miziner, who she met on *Dancing with the Stars* in 2010) and juggling entrepreneurial pursuits, a Myer ambassadorship, book-writing, a role on Seven's sports broadcast team and other TV presenting. Phew! Yep, BODY by Finch obviously works.

The Townsville-born Sydneysider also seems to be in strong shape mentally – during our shoot and interview, Finch comes across as one seriously zen babe. She's the sort of person you want to nab life hacks from. So we quizzed her on everything from how she structures her day to what she's learnt through business, what type of mother she aims to be and how she keeps her energy up (spoiler: it involves bulletproof coffee with surprising additions)...

You've got a lot of projects on the go, and young kids – how do you balance it all?

We take each day as it comes. We still have our crazy-busy, frantic days, but for me it's about slowing my mind down [and] trying to remain as calm, focused and connected as possible. I don't want to get up and go, "We've got to do this, we've got to do that!" I don't want to look back in five or 10 years and go, "Oh I was so busy, oh my god, I can't believe how quickly time passed". I want to go, "I enjoyed every second and wasn't that awesome?" I want [to] get the most out of every single day.

What helps you do that?

I maintain that with meditation, breath work, yoga [and] stretching – that's why I've included all those elements in the [BODY by Finch] program. Because you can't just keep smashing yourself at the gym and expect to be healthy or reach your goals. The holistic approach, that mind-body-soul approach, you've got to nurture [it]. You don't need to be smashing [it] every day. It's about trying to keep in alignment as much as possible. When I feel like it's [all] work, I know I need a night with my girlfriends to talk about crap for a little bit.

You certainly don't have a rushed vibe – you seem very calm...

I think we're all pretty capable of just remaining calm if we manage our minds. It's all internal, all in the mind, so if you make life like a hamster-wheel scenario in your head, that's how it will feel.

In terms of parenting, what are your priorities?

When I'm spending time with [Violet and Dominic], I want to be completely present: listening to their stories, playing, building, going through the numbers, reading,



FIRST BASE BIKINI, \$138; BODYBYFINCH BOMBER, \$99; MIMCO WATCH, \$199; BY CHARLOTTE BRACELET, \$149



giving them dinner, bathing them, learning about different things in life – whatever it is, I'm always present. If I'm not with them, I'm present in whatever I'm doing and I'm working hard. If I've got to get some work done and Violet's painting, or she's out on the balcony with me when I'm doing my workout, I want her to see how to create balance and [that life's] a mix of everything. I want her to see there's got to be time for friends and family and fun and play, but then there's time when we need to work. And I think that's important: showing it doesn't all just happen – you've got to work hard.

What drove you to create the program?

I guess, connecting with people. When women [doing my program] message me saying, "I've come from this in my life, I had this thing happen to me but I started BODY and it's completely changed my life – not only have I lost weight but I feel good about myself"... I get those shivers. That is the reason, that's the driving force behind [it].

“
WE STILL HAVE
OUR CRAZY-
BUSY, FRANTIC
DAYS, BUT FOR
ME IT'S ABOUT
SLOWING MY
MIND DOWN
AND TRYING
TO REMAIN
CALM, FOCUSED,
CONNECTED...
”

The next instalment is less dance-focused?

Yeah, we're bringing the dance component down a bit, because we're noticing that some people are put off by the dance days.

And now you've created an apparel brand, too...

Yes! It's going to be called BOD by Rachael Finch, so it stays in line with the program. The concept behind the range has a dance twist, like [items with] twist-back details. A lot of the crops are more interesting than your standard crop, [such as] little mesh panels and detailing that's given [the brand] more of a dancer's luxe feel. It's been such an exciting project to work on. It'll be in stores at Myer officially as of the new year, and online as well.

What have you learnt from developing these businesses?

You don't realise the intensity and the complexity of every single aspect of [these sorts of pursuits], and the length of time. Patience is a big one. As with children, I think that's the number one thing you learn. I'm a person [who] wants to create and do, do, do. I get quite excited and just want it all to evolve quite quickly.

What challenges have you faced?

There are lots of decisions you have to make on a daily basis. Creative, financial, strategic or timing, the decisions are always crucial and there's always risk on either end. That's the challenging part, having faith in your decisions. You've got to trust your gut, your intuition. You do so much learning about yourself, because when you make those decisions, take those risks [and]

IVY PARK
TOP, \$129.95;
ROXY
BOTTOMS,
\$29.99; BY
CHARLOTTE
BRACELETS,
\$155 (TOP)
AND \$149
(BOTTOM)

RACHAEL IN THREES

DESCRIBE YOURSELF...

Committed, passionate, grateful.

FAVE FOODS?

Coffee, avocado, lamb ribs.

THINGS TO DO WITH THE KIDS?

Ocean swims, reading, lounge-room dancing.

DATES WITH MISHA?

Going out for dinner, seeing a movie and going out dancing!

TOP DANCE STYLES?

Freestyle, samba and rumba.

GO-TO WORKOUTS?

Cardio, strength workouts, stretching. So I do a couple of days of each a week, and a day off.

WOMEN YOU ADMIRE?

Oprah Winfrey, Sally Obermeder and the Williams sisters. Serena Williams is up there with my faves to interview. She has this incredible, natural, genuine approach.

say yes or no, you ride that roller-coaster and at the end of it you go, "aha, that was good," or, "that didn't go well; I learnt that about myself."

How did you enjoy hosting Seven's new show, *Cannonball*?

Yeah, [it was] incredible. There were oversized slides and swings and jumps and launch pads. I'm the interviewer before they jump or before they do the Tarzan swing. I grew up waterskiing, so I've always loved my water sports. The really fun part was [when] they asked me to be the guinea pig for the rides – so I got to test [them] and be the demonstration model.

So, how do you keep your energy levels up?

I'm still breastfeeding, so I'm chomping through more calories than intended. I'll start my morning with a bulletproof coffee – or, if I feel under the weather, I'll have

some activated bee pollen or lemon water. Then I'll have my bulletproof coffee with added goodies, such as maca powder, turmeric, cinnamon and some marine collagen protein.

And what's a day on a plate look like for you?

I wait until I'm hungry to have my first meal after my bulletproof coffee. Sometimes I don't get hungry until about one [o'clock]; sometimes [I'm hungry] around 10 o'clock. I just listen and follow what I feel. My first meal could be one of my smoothies, like a rich, fatty smoothie with coconut milk, activated nut butter, chia seeds, banana, avocado, coconut yoghurt, lots of spinach, greens [or] green superfood powder – whatever I feel like. Or it could be eggs with feta, avocado, tomato [and] greens. And then, about four hours later, I get hungry again. I might have a massive salad with roast pumpkin, sun-dried tomatoes, more avocado, grilled chicken or salmon [and] lots of nuts and seeds sprinkled on the top. [Then] I might have something light for dinner. If I've cooked for the family, I might have

a small bowl of something that's come out of the slow-cooker, like beef, lamb or chicken.

Finally, any other new projects in the pipeline?

I'm starting to write book number two now. [Ed's note: Rachael's first book was *Happy, Healthy, Strong*, containing recipes and health tips.] I'll be part of the broadcast teams for the Winter Olympics for Seven, so I'll be travelling over to South Korea in February. Then I'll work on the Commonwealth Games in April on the Gold Coast as well. I've been working with Seven Sport for five years and it's one of my favourites because sport is our world. I grew up competing in athletics, 200m, long jump and cross-country. So watching track and field, for me, are the ultimate. But I also love watching gymnastics. All athletes are amazing but gymnasts and figure skaters are so impressive. The jumps, flips, turns and the discipline involved – it's just incredible. **WH**



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A large, bold, orange letter 'B' that serves as a background for the word 'BURN'T'.

BURN'T

'TIS THE SEASON FOR PARTIES, END-OF-YEAR DEADLINES AND OTT STRESS... BUT NOT FOR MUCH LONGER! HERE'S HOW TO BEAT BURNOUT AND FINALLY UNLOCK THE CALM YOU CRAVE

By *Natasha Joseph*

A large, bold, white letter 'O' that serves as a background for the word 'OUT'.

OUT





Gugulethu Mhlungu is a card-carrying member of #teamnosleep.

But unlike her exhausted peers, who proudly boast on social media about their all-nighters and punishing work schedules, Gugulethu wears the badge reluctantly. The 26-year-old journalist knows her stress-related insomnia is a sign of imminent burnout – and that once she hits rock bottom, it will be beyond tricky to get back on her feet.

“Burnout feels a little like endless, worsening exhaustion – and it doesn’t matter what you do, it just gets worse,” she admits. “Usually, because I’m worried about work, there’s a feeling of anxiety as well. Eventually, as it gets worse, my brain feels slow, as if it’s underwater.” If that sounds familiar, it’s because burnout is frighteningly common in our fast-and-furious world. According to research by the Australian Psychological Society, 72 per cent of Aussies find that stress affects them physically in some way, while 64 per cent say it impacts their mental health.

The tricky part? Dr Dorrian Aiken, a consultant and lecturer in the field of organisational transformation and leadership development, says that a

doctor might more readily diagnose depression when they’re assessing a patient with burnout. The reason? Because exhaustion and depression now “come with the territory”. But, she adds, “there are physiological consequences that doctors can test, as burnout affects body chemistry – in particular, the effectiveness of your thyroid and adrenal glands.”

Burnout in women can be caused by any number of stressors: a tough period at work, the demands of studying while also holding down a full-time job, or the efforts of trying to juggle parenthood, work and a relationship. When you’re constantly exhausted and your body is burning the candle at both ends, energy-producing systems, such as the adrenal glands, can break down.

NOT ALL IN YOUR HEAD

“A popular myth is that burnout is psychological. It’s not,” says Dr Aiken. “Although psychological factors may contribute to the onset of burnout, it’s a physical problem. Unceasing stress causes depletion of specific vital nutrients faster than they can be replaced by your food intake. As the body’s nutrient reserves become depleted, the energy-producing systems – the thyroid and adrenal glands – are unable to function normally.”

As for Gugulethu, her first experience of burnout came at the end of a stressful year, both at work and at home. “There was major upheaval in my personal life and I just never got around to dealing with any of the feelings of sadness and grief,” she recalls. “I worked all the time and never rested. I slept badly until, eventually, there was a morning when I woke up with what felt like a full-body spasm and I just couldn’t get out of bed.” Dr Aiken says, “Burnout affects every area of life. Work quality often suffers. Relationships suffer because a person loses interest in many activities, including one’s partner.”

And she’s not the only one. Karyn White*, a 34-year-old attorney, admits burnout is the status quo in her profession. “Most of us are on medication for depression,

YOUR BODY ON CHRONIC STRESS

The struggle is real – here’s what happens as you approach the point of burnout...

Your brain

The hypothalamus sends a signal to your adrenal glands to produce stress hormones. These neural pathways can trigger long-term changes in your brain’s structure and function.

anxiety or both," she says. Between stressing about billable hours and keeping on top of a range of matters, "the work-life balance is elusive at best. When you do take leave, you get the flu immediately because you're worn out," she adds. A cocktail of exhaustion and frustration has Karyn bursting into tears at the smallest provocation and, while she knows that workouts would seriously help, she says, "if you work 13- to 15-hour days, when do you have the time to exercise?"

LONG-TERM INVESTMENT

Ready for the good news? Burnout can be conquered, but healing yourself will take time – which is possibly the most precious commodity in the modern woman's world. According to Dr Aiken, that proper long-term recovery "involves consciously rebuilding the energy system of the body. Regaining health is a slow process, and a person recovering from burnout should prepare for the long haul."

Gugulethu knows all about quick-fix solutions that actually don't fix much. When her body shuts down and she can no longer work or function, she'll take a few days to "rest, eat well, attempt normal sleep and seek medical help if that's what's necessary". She also cuts right back on how much time she spends on social media, to give her constantly spinning brain a break. (Another Australian Psychological Society survey reveals more than

one in 10 Aussies find social media a stress trigger.) The problem? When she gets back into her routine, self-nurturing is the first thing she lets slip – and then she burns out all over again. One of the things that pushes Gugulethu (and others in her position) is her biggest critic: herself.

Talya Ressel, a social worker and mum of two with her own private practice, agrees that today's women are "expected by others – but mainly by ourselves – to juggle it all to perfection. We're expected to have fulfilling and demanding careers, be constantly trying to prove ourselves and reaching specific targets faster than ever before. At the same time, we're trying to be hands-on mothers and homemakers, trying to prove you can 'have it all'. We then need to expertly document these experiences through Facebook and other social media, in order to show the world how well we're doing. Predominantly, the worst culprit of creating and perpetuating these unmanageable expectations are women themselves. And we're not managing. We're burning ourselves out trying to do it all."

SILENCE IN THE NOISE

It's possible! Ressel decided to embark on a mindfulness course, the sort of thing she recommends to her clients. "It's been so valuable

BURNING OUT?

If you're experiencing most or all of these symptoms, check in with your doctor and ask about thyroid and adrenal-gland tests.

- 1** Ongoing physical, mental and emotional exhaustion, even after getting a "good night's rest" or taking a break.
- 2** Difficulty sleeping and/or concentrating. You also can't seem to switch off.
- 3** Lack of interest in activities that you previously really enjoyed.
- 4** Change in appetite – loss or increase.
- 5** Anxiety levels moving from unhelpful to debilitating; panic attacks and other physical symptoms.
- 6** Increase in illness – getting colds and flu more often, stomach/digestion concerns, back pain or migraines.
- 7** Higher levels of anger and irritability; little things set you off.
- 8** Constantly feeling overwhelmed – at work, socially and emotionally.
- 9** Increased levels of dissatisfaction – with work and/or your personal life. It just never feels like it's improving.

Your gut

Your body is secreting stress chemicals but there's no immediate threat, so it stores fat around your internal organs to protect them from future risk. Translation: weight gain.

Your muscles

A process called proteolysis weakens your muscles – it breaks down proteins so simple tasks become harder. This happens when your cortisol levels stay high over a long period of time.

Your bones

Your body is freaking out so it loses its potassium – the stuff that stops other acids from sucking your calcium. In return, your bones struggle to absorb the vital mineral.

Wipe out

If you're shattered on the reg, ask your doc about testing your levels of things like iron, folate and iodine. If need be, you can boost them via your diet (the likes of dark-green leafy vegies for iron; broccoli for folate; shellfish for iodine) or discuss whether you need a supplement.

because it's given me tools to quieten things down internally," she says. "It was exhausting trying to overthink and overanalyse everything. It's also allowed me to see the importance of prioritising care for myself, and how that benefits everyone around me."

She also emphasises how important it is to be kinder to yourself. "Honestly consider the expectations that you are trying to fulfil. Are they manageable? Who is setting those expectations? Would you expect that of someone else?" Unsure how to start? "Therapy can be a really helpful space to explore which areas in your life are causing high stress and to develop new coping tools," Ressel suggests.

What worked for Gugulethu?

"Boundaries between work and leisure are an ongoing process. I'm constantly working at saying 'no', which is important for self-care because, ultimately, my health is my responsibility." She's also learning to say no without the side of guilt. "Saying it, forgetting about it and then doing something non-work-related like sleeping in [or] going for breakfast, a movie or a massage."

Meanwhile, she's also flexing her delegation skills at work. Communicating honestly – so that she doesn't "create an expectation that's unsustainable in the long-term" – is helping her to gradually step out of the shadow of burnout.

So what's her advice to others in the burnout boat? Simple: "If it's difficult to manage everything, chances are you're overextended and well on your way to burnout. Be deliberate with your time. If you must, look at each day or week and be as deliberate about rest and self-care as you would be about your work and career."

Weekly massages/walks/workouts/Netflix sessions/all of the above? Count us in. Whatever your self-care involves, make it a diary appointment you always keep. **WH**

DODGE THE BULLET

Dr Sherrie Bourg Carter, a psychologist and author of *High Octane Women: How Superachievers Can Avoid Burnout*, reveals her top three tips.

SCHEDULE SOLITUDE

Actually diarise spending time with yourself. Any time alone to reboot, meditate, focus, relax, create, produce and/or think deeply is the greatest gift you can give yourself.

SAY "NO"

Just because you *can* do something doesn't mean you *should* do it. Each time you add a new commitment or responsibility to your plate, you're adding stress to your life.

SHRED THE SUPERWOMAN SCRIPT

Many high-achieving women go through life thinking they can do everything – but it's important to stay grounded. Perfection is not a realistic goal. Sometimes, good enough is just that.

RECHARGE YOUR WAY

There's no one-size-fits-all solution to burnout. The best way to find what will reduce your stress is to make a list of all the things you enjoy – things you wish you had the time to do. Then find ways to add them to your life.

Your thyroid

An imbalance in cortisol levels means your thyroid could be underactive or overactive. The former means weight gain and constipation; the latter, weight loss and an irregular heartbeat.

Your skin

You've just woken up and there it is – a pimple. It could be all that cortisol, which increases your skin's oil production. Depigmented white spots on your skin can also be a result of chronic stress.

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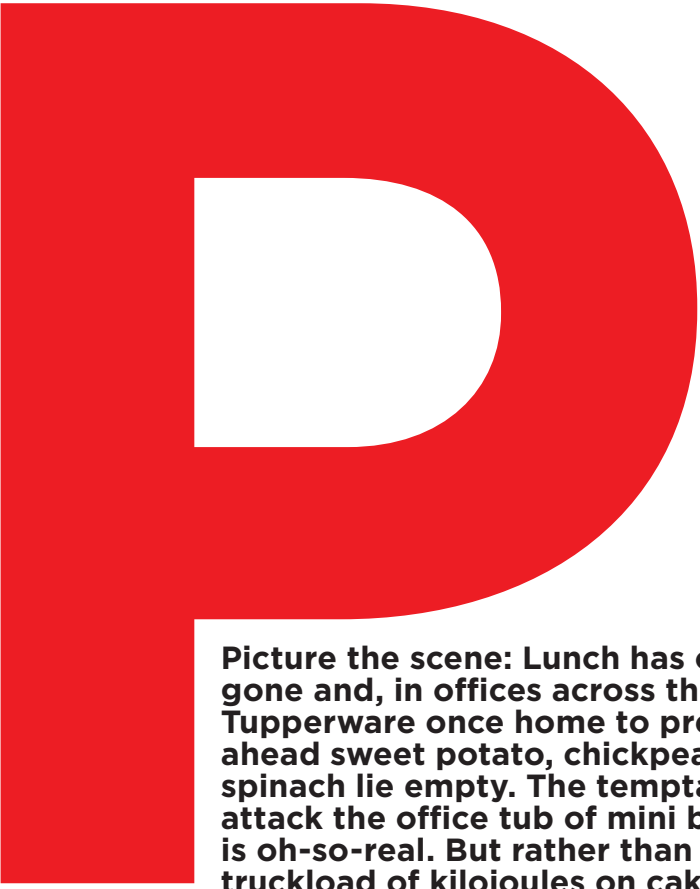
The sweet habit healthy girls can't quit



**You live on kale
and sprouted
bread, but still
crack open a daily
diet soft drink. But
is this 'harmless'
sip sabotaging
your body goals?
WH investigates**

By Roisín Dervish-O'Kane





Picture the scene: Lunch has come and gone and, in offices across the land, Tupperware once home to prepped-ahead sweet potato, chickpeas and spinach lie empty. The temptation to attack the office tub of mini brownies is oh-so-real. But rather than blow a truckload of kilojoules on cake, women nationwide reach for something else instead: 'guilt-free' cans of chemically sweetened carbonated liquid. Are they hypocritical self-saboteurs for following healthy, totally 'grammable meals with a diet fizzy drink? Perhaps, which makes it all the more difficult to admit that I'm one of them. A health writer who knows her nutrition – and should know better – but can't get enough of the stuff.

Journalist Georgia Scarr is another self-confessed fan. Glance at her Instagram and you'll see all the healthy-girl hallmarks. Bird's-eye view of eggs atop kale and roasted veg? Check. One lithe, toned body contorted into impressive yoga positions? Check again. But one lifestyle ritual that doesn't make the edit is her diet cola habit. "I have a sweet tooth, but I don't make a habit of eating junk food," she says. "I monitor my [kilojoules], and want them to be from nutritious food and drink, not sugar. But then the craving for something fizzy hits. I know diet drinks aren't good for me and can't say I'm proud of my habit."

So what's going on? The enduring appeal of kilojoule-free fizzy pop might jar with the current 'it's a lifestyle, not a diet' healthy-eating Zeitgeist, but Jane Ogden, professor

of health psychology at the UK's University of Surrey and author of *The Psychology of Eating*, isn't surprised. "So-called 'diet' drinks still appeal because, though people may package it as 'eating well' or 'looking after yourself', many of us are essentially still dieting," she explains. And while our goals may be more rippling abs than thigh gap, she is right in that the majority of us want to keep our body fat low. "The word 'diet' carries powerful connotations of being lean, healthy and in control," Ogden explains. "So while we continue to aspire to those things, 'diet' labelling will draw us in – even if we'd rather not admit it." Put like that, our fondness for diet drinks doesn't seem so incongruous.

But the million-dollar question: is cracking open a can sweetened with chemicals such as sucralose

and aspartame actually helpful when you're trying to get – and stay – lean? Science says, perhaps not! A study in *The American Journal of Clinical Nutrition* found those who guzzled one litre of a diet fizzy drink daily gained 1.5kg after six months. The group who drank full-sugar soft drinks gained 10kg. So the diet option had less of an impact, sure – but why did the diet-drinkers gain weight at all, given these drinks are both kilojoule- and sugar-free?

Mixed messages

As it stands, there's no evidence-based answer. But Robert Lustig, professor of endocrinology at the University of California and anti-sugar campaigner, has a possible explanation: that consuming artificial sweeteners can alter your biochemistry and predispose you to gaining fat. "The diet soft drink group gained weight not because they were increasing their [kilojoules], but because their insulin levels had risen," he says. "The more insulin you have in your blood, the more [kilojoules] you'll store as fat. So anything that raises insulin will make you gain weight."

Translation: Because they don't contain any actual sugar, artificially sweetened drinks shouldn't technically spike insulin. But in a study in the journal *Diabetes Care*, researchers split their study participants into two groups and supplied half with a diet soft drink. They tested their insulin and glucose levels afterwards and found 20 per cent more insulin in the blood of those who'd drunk the artificially



70

The percentage by which your waistline increase - after a decade necking two or more diet drinks a day - will be larger than that of someone who swerves the fizz entirely. Not so pop-tastic.

Source: University of Texas

sweetened drinks than those who hadn't. Why? It's all down to the fact the body is primed to detect sweetness. So when something sweet hits your tongue, specific receptors are triggered. "First, they send a message to the brain to say that sugar is incoming," says Lustig. "Then the brain sends a message to the pancreas telling it to expect the sugar, so it prepares to release insulin." But when you drink an artificially sweetened drink, the sugar never comes. Result? The pancreas sends out the message you need to seek out more glucose to trigger the release of its insulin.

Sugar fixed

Case in point: Yasmin, 25, drinks several cans of diet fizzy drinks a week to help her stick to a 'no-sugar lifestyle'. "It means I can have the sweet taste without consuming any actual sugar," she says. Down nearly 13kg, and hitting the gym four times a week, Yasmin is determined to maintain her methods. "If these drinks help me stick to a plan that works, I don't see it as a problem," she says. But Lustig warns that Yasmin may be making life harder for herself. "Drinking artificially sweetened drinks when you're not eating real sugar is self-defeating," he says. "The point of a 'no-sugar lifestyle' is to desensitise yourself to sweet foods, but if you're regularly consuming sugar-free fizzy drinks, then you're re-sensitising yourself."

So, the jury's out on whether slimmers should sip so freely – and there's also still much we don't know about how artificial sweeteners are linked to disease risk. While a recent study by Boston University School of Medicine did show that people who drank diet drinks had an increased chance of dementia and strokes, lead author Dr Matthew Pase cautions this is early research – so it's impossible to gauge cause and effect. As for claims that sweeteners such as aspartame could cause cancer? "The balance of evidence is that artificial sweeteners are safe for us to consume," says clinical dietitian Rick Miller. "Some experiments on mice demonstrated

a link between aspartame and the growth of cancerous tumours – but it is not clear if we can directly relate these results to humans."

Miller's message for us habitual drinkers? Don't freak out, but do cut down – on all fizzy drinks. "Regular and diet varieties contain phosphoric acid, which research suggests can reduce bone mineral density," he says. And let's be clear – a stress fracture caused by weak

bones is going to have a worse effect on your aesthetic and athletic goals than a few mini brownies. Still, I can't promise that I won't have had a sneaky sip of my old poison by the time you've read this. But if I do choose to crack open a can, it certainly won't be done mindlessly. Because, while a part of me may still be sold on the zero-sugar, zero-kilojoule promise, there's a big chance that my body is not. **WH**

Can the habit...

Ready to consciously uncouple from your fizzy vice? Just follow the three Rs...

RECOGNISE

"Next time you're craving a fizzy diet drink, think about whether you really want what's in the can, or if you're actually using it as a distraction technique," suggests Ogden.

REMEMBER

Think of parting ways with diet drinks like that awful break-up with your shitty ex. "You'll feel like you're missing something, but it's not because you now don't have something you need – it's because you created a space for something that's not there anymore," adds Ogden. Wise words.

REPLACE

Going cold turkey sounds noble, but for sustainable change you need to fill that gap with something else – and tap water may not cut it. "Infuse a jug of sparkling water with cucumber and fresh mint," says Miller. Straws at the ready!



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WATER


Hot summer body, stat! Jump into nature's

By Michelle October Photographs by Nadia von Scotti

BABE

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So you never get your hair wet? Girl, you're missing out! Water – whether it's a pool, lake or the ocean – is nature's gym, only way more fun. Plus, it's a natural anti-gravity machine, meaning it's easier on your joints than the usual gym circuit and ubiquitous resistance band – but your muscles are still challenged just by wading in. And if that's not enough, a growing body of research shows people who spend more time in the water are happier and less stressed. Sold? Dive in with these no-gym-required water sports that deliver serious body results.

IN THE WATER

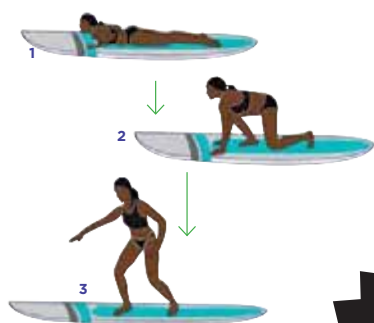
SURF

Riding the ocean on a board is a full-body workout. From paddling out to balancing on a wave, it's an intense cardio endurance session that will leave you aching all over – and running back for more. “You’ll get increased flexibility, agility and core strength,” says surf instructor Kurt Hendricks. Plus you’ll be recruiting every muscle, including your bum, obliques, lats and arms – even if you can’t catch a single wave. To get the most out of it, invest in at least one lesson. “You’ll learn the basics and safety tips, like how to handle the board in the water,” says Hendricks. From there, you can rent a board and keep hanging 10 on your own. Just avoid surfing at high tide – it gets dangerous with the waves breaking close to the sand, he adds.

YOUR MOVE:

Hendricks’ simple step-by-step guide to riding those waves like a natural.

1. Lie down on the board with your feet right at the back, toes pointing towards the edge. Keep your hands shoulder-width apart and sitting directly under your chest.
2. Slowly lift up into a push-up position. Bring one leg forward into a low lunge.
3. Lastly, stand up, being sure to keep your knees bent for stability. You got it!



PRACTISE ON LAND: Lie flat on the floor, palms down beneath your shoulders. Tuck your toes and lift up into a push-up position. Step one leg forward into a low lunge and quickly hop up to standing, facing sideways with legs staggered. Repeat as quickly as you can. This is called a surfer burpee.

Take it up a notch

BECOME A LIFEGUARD
Don't be intimidated by The Hoff – the training you'll do is next-level fun. “Lifesaving as a sport is an incredible opportunity not only to get fit, but also to meet great people, learn important life skills and contribute to uplifting and keeping your community safe,” says lifeguard **Tayla Faulmann**. Find your local club at sls.com.au

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A board with a leash; a wetsuit or rash vest.

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EXPECT TO PAY:

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WATERSKI

You may think it's a pretty chilled way to spend the arvo (barbecue, picnic blanket...), but this is more like a 007-level workout. Whether you're cruising on skis, a kneeboard or a wakeboard, gripping the handle as you get towed along – while trying to stay upright – is a serious feat of strength. “All your core muscles are being used, from your legs and glutes to your back, arms and stomach,” says Jacqueline Reichmuth, a former competitive wakeboarder.

YOUR MOVE:

Get up on your first try with this technique.

1. Start sitting in the water, legs bent 90 degrees with your arms in front of you, holding the handle. Aim to keep your shoulders back.
2. As you feel the boat tugging you, stand quickly, pulling the handle to your body. Always keep your weight back – don't stand too upright or lean forward.

YOU'LL NEED:

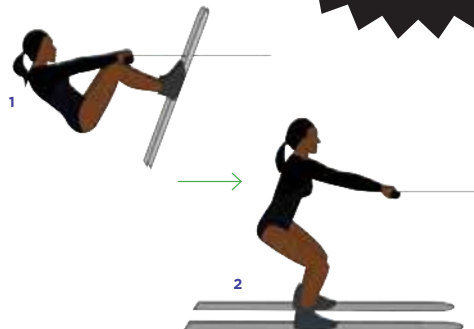
A life jacket, helmet and board (skis, kneeboard or wakeboard).

EXPECT TO BURN:

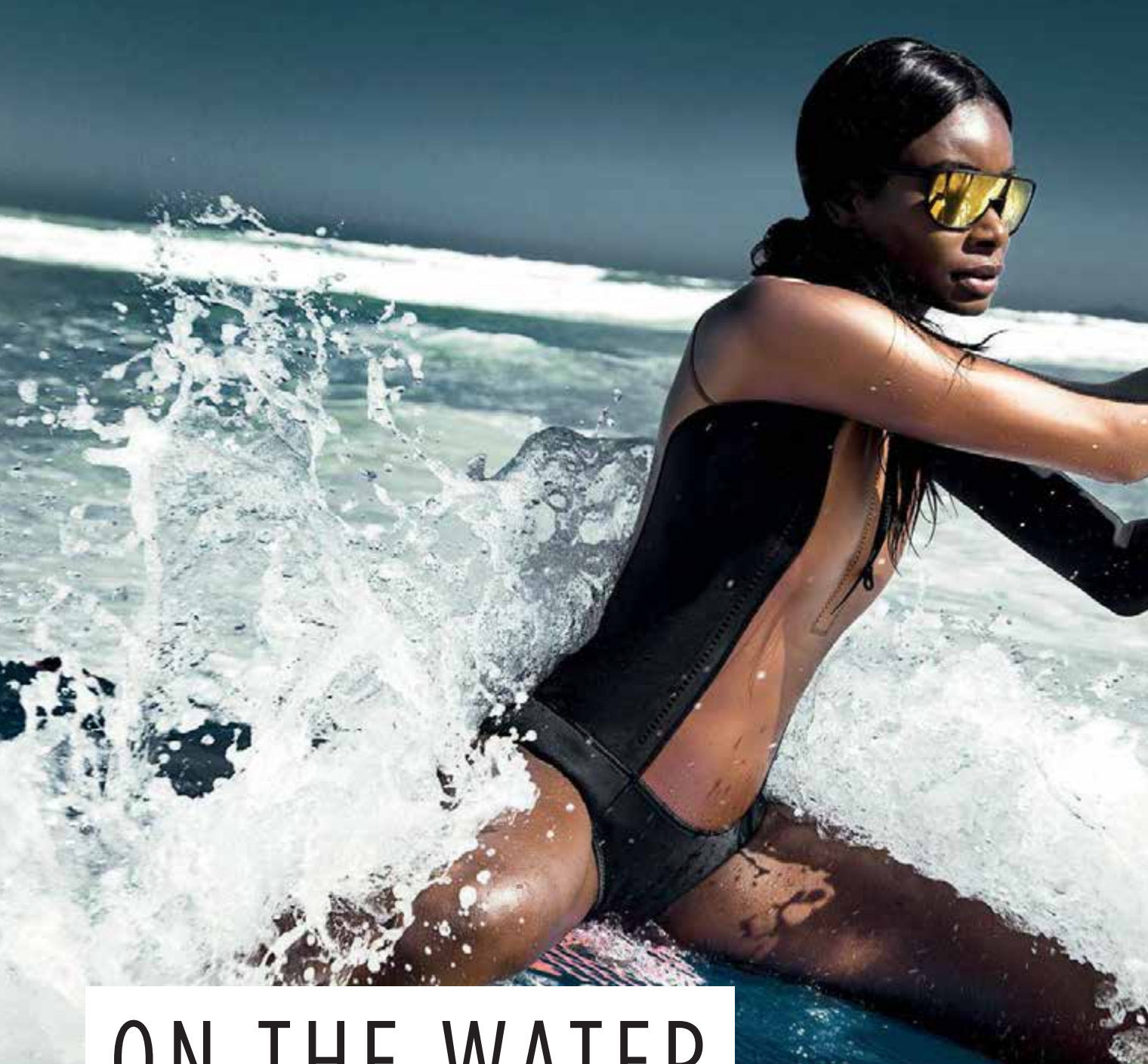
1000kJ per hour.

EXPECT TO PAY:

From \$110, depending on the length of your session and choice of board.



PRACTISE ON LAND: Sit on the floor, holding the handles of a TRX suspension system, pulled taut. Without letting your hands touch the ground, stand up, then sit down again. Continue, repeating as quickly as you can.



ON THE WATER

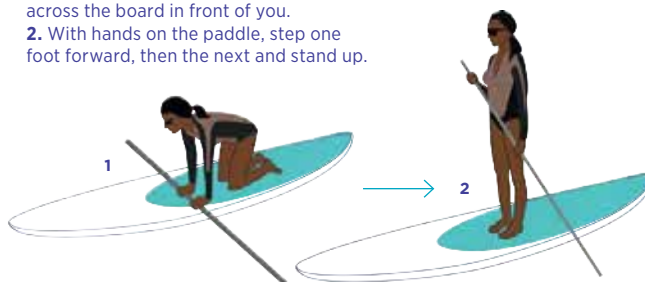
SUP

Don't underestimate the power of stand-up paddleboarding (SUP) as a total-body toner. "Imagine the feeling of balancing on an upside-down BOSU ball – it's similar to that," says pro surfer Roxy Davis. "You'd think paddling targets just the arms and shoulders, but it actually strengthens the toes, legs, back, shoulders, arms and abs," adds Christopher Couve, a competitive SUP racer. "It's a low-impact exercise that combines balance, strength and endurance – even if you're just balancing on your board." Another major plus? It'll sharpen your mind. "Your brain is hard at work: you're constantly assessing your environment, adjusting for stability and focusing on where to be positioned when a wave comes," says Davis. Sign us SUP!

YOUR MOVE:

How to stand up on the board like a pro.

1. Start kneeling, with the paddle across the board in front of you.
2. With hands on the paddle, step one foot forward, then the next and stand up.



PRACTISE ON LAND: Balance on a BOSU ball, dome-side down, and use a weighted gym stick to perform the paddling motion.

PAD D L E

Make like Pocahontas and explore those river bends. Getting out on the water in a kayak or surf ski is a great way to relax while regaining focus, says Marie-Louise Kellett, co-founder of adventure travel agency Gravity Adventures. But do it right: the power should come from engaging your core. If you're feeling too sore in your biceps and shoulders, they're taking too much strain. Risking the rapids? That'll fire up your quads: "You'll be bracing with your legs and using your hips and torso to shift the boat in the water," according to Kellett.

YOUR MOVE: Get the technique right for a killer core workout, guaranteed!

1. Put one foot against the side of the boat. Twist your body in the opposite direction of the paddle, keeping the paddle underwater.
2. Drive the paddle down and back, then drive through to bring it back to the start.

YOU'LL NEED:

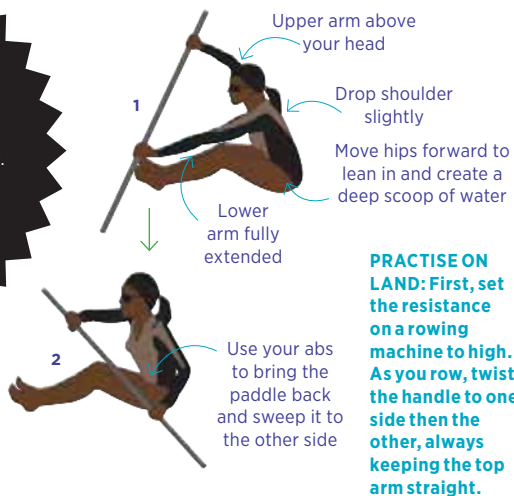
A kayak, life jacket and a double-ended paddle.

EXPECT TO BURN:

Around 1200kJ per hour.

EXPECT TO PAY:

From around \$20 an hour to rent a boat.



YOU'LL NEED:

A board with a leash and paddle. As for location, you can go SUP-ing in a river, lake or the sea (when it's flat).

EXPECT TO BURN:

Up to 3000kJ per hour.

EXPECT TO PAY:

Around \$50 for a lesson.



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WATERSKI

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KAYAK

Looking to get your summer paddle on? Visit adventurepro.com.au for the inside tips on all the best places to kayak around the country.



THE BEACH BUM WORKOUT

Take it up a notch

PLAY WATER POLO

Water polo bodies are hot AF – and with good reason. “You’re using a huge variety of muscles to swim, tread water, wrestle your opponent, jump for the ball and change direction quickly,” says international star Kelsey White. You’ll also build killer legs and a tight tush from kicking in the water. Expect to torch around 2500kJ per session – check out waterpolo.australia.com.au to get involved.

So after all that, you’re still not keen on getting your hair wet? Fine – you can get a great waterside workout without dipping your head beneath the surface. This routine, by lifeguard Tayla Faulmann, uses the sand you’re lying on as a resistance tool... along with the water – but only waist-deep, we promise! “There’s a number of biomechanical and physiological benefits to exercising barefoot on sand,” explains Faulmann. “You’ll be training your calf and foot muscles, with reduced impact on your joints, plus you’ll burn around 30 per cent more kilojoules when compared to road running.” Perform this workout whenever you can – warm up with a 500m jog on the sand, then get sweating. Each group comprises two exercises that must be done back-to-back. Once you’ve done both exercises, that’s one set. Do four sets of each group.

1

Group One

Mark out a 20m stretch of beach and perform these moves back-to-back, with a 30-second rest between each set.

1. Standing broad jumps (jump as far as possible with feet together) going forward to start.
2. Spiderman crawls (crawl in plank position) coming back. Done!

2

Group Two

Mark out a 40m stretch of beach, then walk into the water until you’re knee-deep.

1. Sprint the distance you marked out, while staying knee-deep in the water.
 2. Walk your way back to the start as recovery.
- Tough, yes, but worth it!

3

Group Three

Perform 10 reps of each move, with a 20-second rest between sets.

1. Basic push-ups.
2. Jumping lunges (jump as high as you can between each lunge).

4

Group Four

Perform these moves back-to-back, using your walk back to the sand as a recovery between sets.

1. Do 8 reps of burpees.
2. Sprint into the ocean until you’re waist-deep. Nailed it, mate. **WH**

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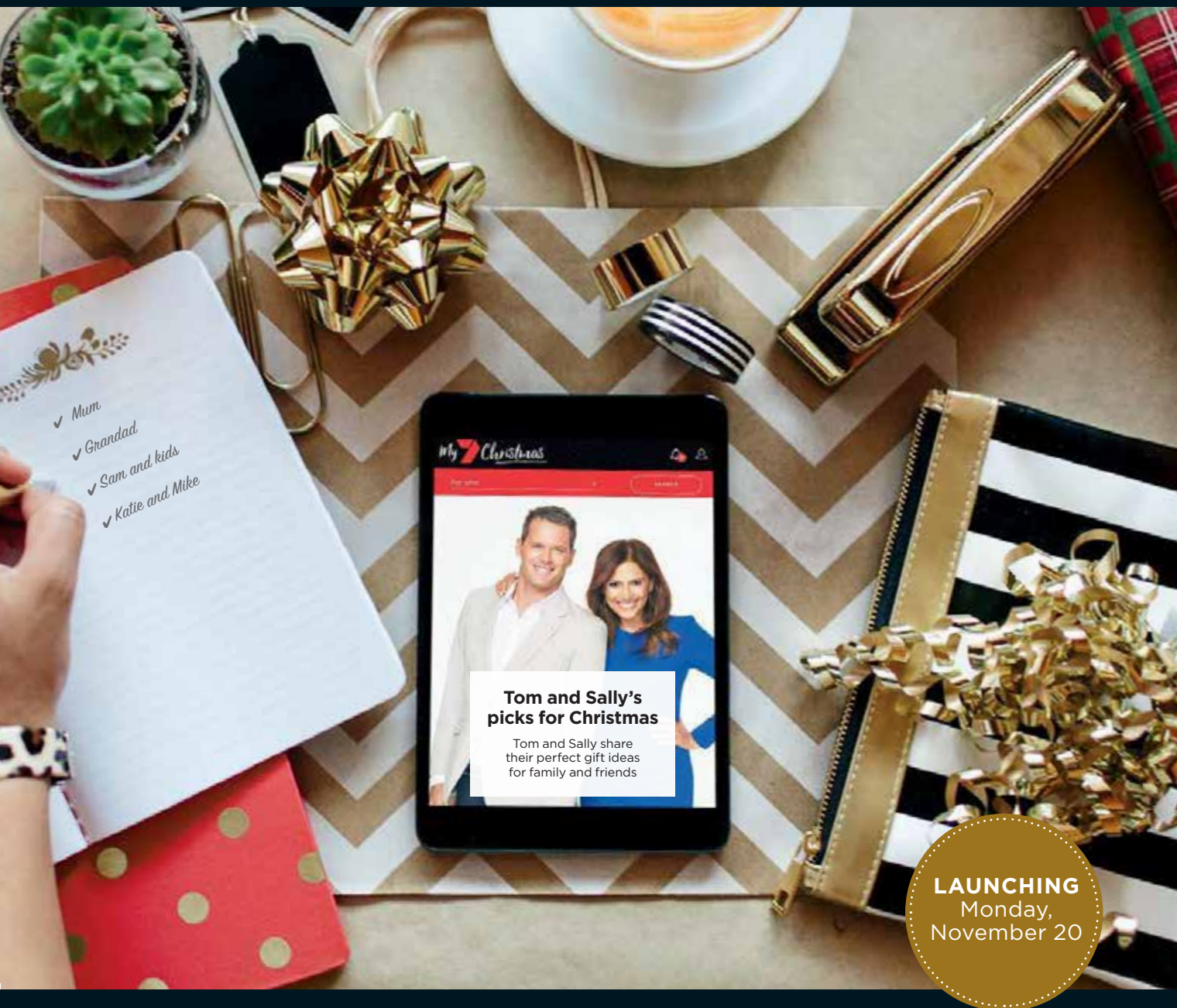
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body, from
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These hot new
recipes from
nutrition guru
Lola Berry



Top tip

Dried blueberries give this dish a nice chewy element. Don't have any? You can use fresh berries instead.

SUPER-SIMPLE RAINBOW SALAD WITH BLUEBERRIES AND MACADAMIAS

For your **FACE**

"This salad is one of my favourites – not just because it contains so many of the ingredients that I love but also because it's a walk in the park to make. There's loads of skin-loving magic in this creation: macadamia nuts with their healthy fats and minerals, plus blueberries for antioxidants, which help to prevent premature skin ageing and free radical damage. It's brilliant on its own or as a side to your favourite source of protein – if you want to make it a mega skin-boosting meal, think about adding oily fish such as salmon or mackerel."

- ◆ 1 bunch kale, stalks removed and leaves finely chopped
- ◆ 1 avocado, diced
- ◆ ½ cup (60g) dried blueberries
- ◆ ¼ cup (35g) macadamia nuts, roughly chopped
- ◆ 1 large carrot, grated
- ◆ Zest and juice of 1 lime
- ◆ 2 tbs extra virgin olive oil
- ◆ Salt flakes and freshly ground black pepper, to taste

1. I prepare this in the same bowl that I serve it in, so grab a big, beautiful serving bowl. All I do is throw in the kale along with the diced avo, then add the blueberries, macadamias, carrot and lime zest. Give it a good old mix about, dress it with the lime juice and olive oil, season to taste and then tuck on in!

Serves 4 as a side

MACA, MACADAMIA AND CAROB SHAKE

For your **FACE**

"I love this shake because it feels like a treat. I also like that instead of cacao it uses carob, as it contains no caffeine, so this recipe is a goodie even if you make it at night. It's pretty filling, so I generally have it for brekkie or as a morning snack."

- ◆ 1 frozen banana (peel it before you freeze it)
- ◆ 2 medjool dates, pitted
- ◆ 1 tsp maca powder
- ◆ Pinch ground nutmeg
- ◆ Pinch ground cinnamon
- ◆ 1 tbs carob powder, plus extra to sprinkle on top
- ◆ ¼ cup (40g) macadamia nuts, plus extra, crushed, to serve
- ◆ 1-1½ cups (250ml-310ml) macadamia nut milk

1. Pop everything into a blender and blitz it up, adding a little extra nut milk, if necessary, to achieve your desired shake consistency. Everyone's different!
 2. Pour into 2 glasses, sprinkle with a little extra carob powder and a few extra crushed macadamia nuts, and serve.
- Serves 2**



VEGAN SUSHI ROLLS

For your **EYES**

"These rolls make a fun little snack. They look great, taste great and, because we're using cauliflower instead of rice, they're also paleo. On top of that, these rolls are totally vegan, but of course you can tweak them to suit your own tastebuds."

- ◆ 1 head cauliflower, roughly chopped
- ◆ 1 garlic clove (optional)
- ◆ Salt flakes and freshly ground black pepper, to taste
- ◆ 1 packet nori sheets
- ◆ Gluten-free tamari or soy sauce, for dipping (optional)

FILLING

- ◆ 1 avocado, cut into thick wedges
- ◆ 1 Lebanese cucumber, cut into batons
- ◆ 1 carrot, grated
- ◆ 2 beetroot, grated
- ◆ ¼ cup (40g) sesame seeds, toasted

1. Pop your cauliflower chunks into a food processor and blitz until the mixture resembles grains of rice.
2. Place a saucepan of water over a medium heat, add the cauliflower and garlic clove (whole), if using, and simmer for 10 mins, or until the cauliflower has just softened. Drain thoroughly, discard the garlic clove, season with salt and pepper and leave to cool slightly (just so it's not too hot to handle), then place the cauliflower mixture between 2 sheets of paper towel and press firmly to absorb as much excess water as possible.
3. Now it's time to assemble. Lay a nori sheet down on a clean work surface and cover it with a layer of cauli rice, leaving a few centimetres free on the side furthest away from you. In the centre of the sheet, arrange a selection of your lovely filling ingredients neatly in a line, sprinkling over the sesame seeds, then roll it up nice and tight.
4. Repeat with the rest of the cauli rice, nori sheets and filling ingredients, then slice your sushi roll into bite-sized discs. Dip them into tamari or soy sauce, if you like, and enjoy them straight away!

Serves 4

Top tip

Need something to do with the leftover nori sheets? Crush them up and sprinkle over salads! ►



Top tip

Pick slightly underripe avocados – they hold their shape best and get softer while they're cooking.

BAKED AVO CHIPPIES WITH REAL MAYO

For your EYES

"Avocado chips are turning into one of my favourite snacks. I work with Grill'd (the healthy burger joint) and when they asked me to taste-test their avo chips, I was hooked. These ones are quite different to those at Grill'd, but it was there that I fell in love with them for the first time. Some people are funny about warm avo (I used to be), but, trust me, once you try these you won't look back!"

- ◆ 2 eggs (or 1 egg plus egg whites from real mayo, recipe below), lightly beaten
- ◆ 2 cups (160g) gluten-free dried breadcrumbs
- ◆ 2 avocados, halved, each half sliced into 4 wedges and peeled
- ◆ Lime wedges, to serve

REAL MAYO

- ◆ 2 egg yolks
- ◆ Juice of 1 lemon
- ◆ Pinch salt flakes
- ◆ 200ml mild extra virgin olive oil
- ◆ 1 tbs dijon mustard

1. Preheat the oven to 180°C and then line a baking tray with baking paper.
2. Place the beaten egg in one small bowl and the breadcrumbs in another. Dip the

avocado wedges first in the egg and then in the crumbs to coat evenly. Next, lay the pieces out on your baking tray, leaving space between them so they cook evenly. Bake for 7 mins on one side, then flip and cook for another 5 mins, or until they're nice and golden at the edges.

3. While the chippies are cooking, whip up your mayo. Start by whizzing the egg yolks and lemon juice together in a food processor. Once the mix starts to thicken, add the salt, oil and mustard and continue to blitz until the mixture is smooth and creamy. Spoon the mayo out into a serving dish or little bowl.

4. Once the avo chippies are cooked, arrange them on a big plate or in a bowl, squeezing over some fresh lime juice and serving them alongside the mayo for dipping.

Serves 2-4

COLLARD GREEN WRAPS

For your **NAILS**

"I discovered these genius creations in L.A. Essentially, we're using a collard green leaf in the place of a bread wrap. You can use any strong leafy green, such as silverbeet, kale, English spinach or rainbow chard – whatever you can get your hands on (and if your leaves aren't that sturdy, double the number and layer one on top of the other to make them strong enough to hold the filling). As it is, this filling is raw and vegan, but you can add any type of protein you like – I like adding some spicy chicken to the mix sometimes."

- ◆ 4 large collard green leaves (or silverbeet, kale, English spinach or rainbow chard)
- ◆ 1 avocado, sliced
- ◆ 8 semi-sun-dried tomatoes, roughly chopped
- ◆ ½ cup (45g) mung bean sprouts
- ◆ 1 carrot, grated
- ◆ 1 zucchini, grated
- ◆ 1 punnet (125g) blueberries
- ◆ ½ cup (80g) macadamia nuts, roughly chopped
- ◆ ½ cup (80g) almond butter
- ◆ Salt flakes and freshly ground black pepper, to taste
- ◆ Pinch chilli flakes (optional)

1. Grab the first leaf and then arrange a layer of avocado slices down the middle in a rough line. Top with some semi-sun-dried tomato, a scattering of sprouts, some carrot, zucchini, blueberries and a quarter of the chopped macs. Down 1 side, spread 1 tbs of almond butter, season and add the chilli flakes (if using).
2. Tightly wrap up your 'pressie'. I fold the bottom edge up first, then bring both the longer sides in – a bit like a Mexican tortilla wrap. Repeat with the remaining wraps and serve.

Serves 4

MY FAVOURITE CRISPY SALMON AND SALAD

For your **HAIR**

"Salmon is one of my ultimate beauty foods – it's not just great for the hair, but is also good for the skin, nails... you name it. The fats in the salmon will make your hair incredibly glossy and healthy. When I include lots of salmon and oily fish in my diet, it always shows in the glow of my skin and the shine on my locks!"

- ◆ 4 x 180g salmon fillets (skin on)
- ◆ Salt flakes and freshly ground black pepper, to taste
- ◆ ½ cup (80ml) coconut oil

SALAD

- ◆ 1 punnet (250g) cherry tomatoes, halved
- ◆ 2 large handfuls of rocket, washed and dried
- ◆ 1 avocado, diced
- ◆ ¼ red onion, finely sliced
- ◆ ¼ bunch fresh dill
- ◆ 12 green olives, pitted and sliced
- ◆ ½ cup (60g) walnuts, roughly chopped
- ◆ 3 tbs extra virgin olive oil
- ◆ 2 tsp apple cider vinegar
- ◆ Salt flakes and freshly ground black pepper, to taste

1. Heat a frypan over a medium-high heat for 2 mins. Season the salmon fillets with salt and pepper. Melt the coconut oil in the pan and immediately add the salmon, skin-side down, and cook for 3 mins. Turn the salmon and cook for a further 1 min – the salmon should have a crispy skin and medium-rare flesh. Remove from the pan and set aside to rest.

2. Meanwhile, to make the salad, place the tomatoes, rocket, avocado, onion, dill, olives and walnuts in a salad bowl. Combine the olive oil and vinegar in a separate small bowl to make a dressing, then pour it over the salad ingredients and give everything a good old mix about. Season the salad with salt and pepper to taste and then serve immediately alongside the crispy salmon.

Serves 4



Top tip

For an even tastier salad, dry the rocket thoroughly after washing. Otherwise it drains all the flavour from the dressing. If you want to keep the recipe low in fructose, just leave out the red onion.

VEGO CURRY WITH QUINOA

For your **NAILS**

"This recipe was my go-to when I was vegan - I'd mix it up with whatever vegies I had on hand and what was most seasonal. Personally, I love having a few meat-free days, and this recipe is full of fibre and protein so it's guaranteed to leave you feeling full afterwards. I've also made it with other beans and legumes in the place of chickpeas and it works a treat, so have a play and make your very own version of this vego curry!"

- ◆ 2 tbs extra virgin olive oil
- ◆ 1 onion, diced
- ◆ 2 garlic cloves, finely diced
- ◆ 2 stalks celery, sliced
- ◆ 1 tbs grated ginger
- ◆ 2 x 400g cans chickpeas, rinsed twice
- ◆ 2 cups (about 240g) cubed pumpkin
- ◆ 2 cups (about 280g) cubed sweet potato
- ◆ 1 zucchini, roughly chopped
- ◆ ¼ tsp ground turmeric
- ◆ ½ tsp ground cumin
- ◆ ½ tsp ground coriander
- ◆ ½ tsp paprika
- ◆ 1 tsp mustard seeds
- ◆ 2 x 400ml cans coconut cream
- ◆ Salt flakes and freshly ground black pepper, to taste
- ◆ 2 tbs desiccated coconut
- ◆ ½ tsp coriander seeds
- ◆ 2 cups (400g) tri-coloured quinoa, rinsed well
- ◆ 1 cup (150g) cashews
- ◆ 2 cups (60g) coriander leaves, roughly chopped
- ◆ 1 fresh lime

1. Heat the olive oil in a large frypan over a medium heat. Add the onion and saute for 2 mins, or until translucent. Add the garlic, celery and ginger and saute for another minute, then pop in the chickpeas, pumpkin, sweet spud, zucchini, spices, 1 can of the coconut cream and 3 cups (750ml) water. Season with salt and pepper and simmer over a low heat for 30 mins.

2. Meanwhile, place the remaining can of coconut cream in another saucepan along with the desiccated coconut, coriander seeds and quinoa and 1-2 cups (250ml-500ml) of water to cover. Bring to the boil, then reduce the heat, cover and simmer for 15 mins, or until you notice the quinoa has expanded to about 3 times its size. Set aside and keep warm.

3. When the pumpkin and sweet spud are nice and soft, add cashews to the frypan and stir them through. Serve the curry over the coconut quinoa and top with the coriander leaves and a generous squeeze of fresh lime juice.

Serves 4

Top tip
Want to make these macaroons low in fructose? Simply swap out the maple syrup for rice malt syrup. Deliciously easy!

SALTED RAW CHOCOLATE MACAROONS

For your **HAIR**

"These little gems are super easy to make – perfect for when those arvo sugar cravings kick in. They also make sweet little pressies and look great piled up in a jar and tied with a cute ribbon. What's not to love?"

- ◆ ½ cup (40g) cacao powder
- ◆ 2 tbs coconut oil, melted
- ◆ 1 tbs hulled tahini
- ◆ 2 tbs maple syrup
- ◆ 2 handfuls of coconut flakes
- ◆ Handful of macadamia nuts
- ◆ Pinch salt flakes
- ◆ Small handful of mixed dried cranberries, blueberries and goji berries

1. Mix the cacao, coconut oil, tahini and maple syrup together until you get a thick paste. Next, mix the remaining ingredients through, roll into rustic macaroon shapes, place on a lined baking tray and place in the fridge to set (this will only take an hour or so). Keep the treats in an airtight container in the fridge for 1–2 weeks.
Makes 10



Like these delish recipes and want more? Then grab a copy of *Beauty Food* by Lola Berry, published by Plum, RRP \$24.99, available in bookstores nationally. **WH**

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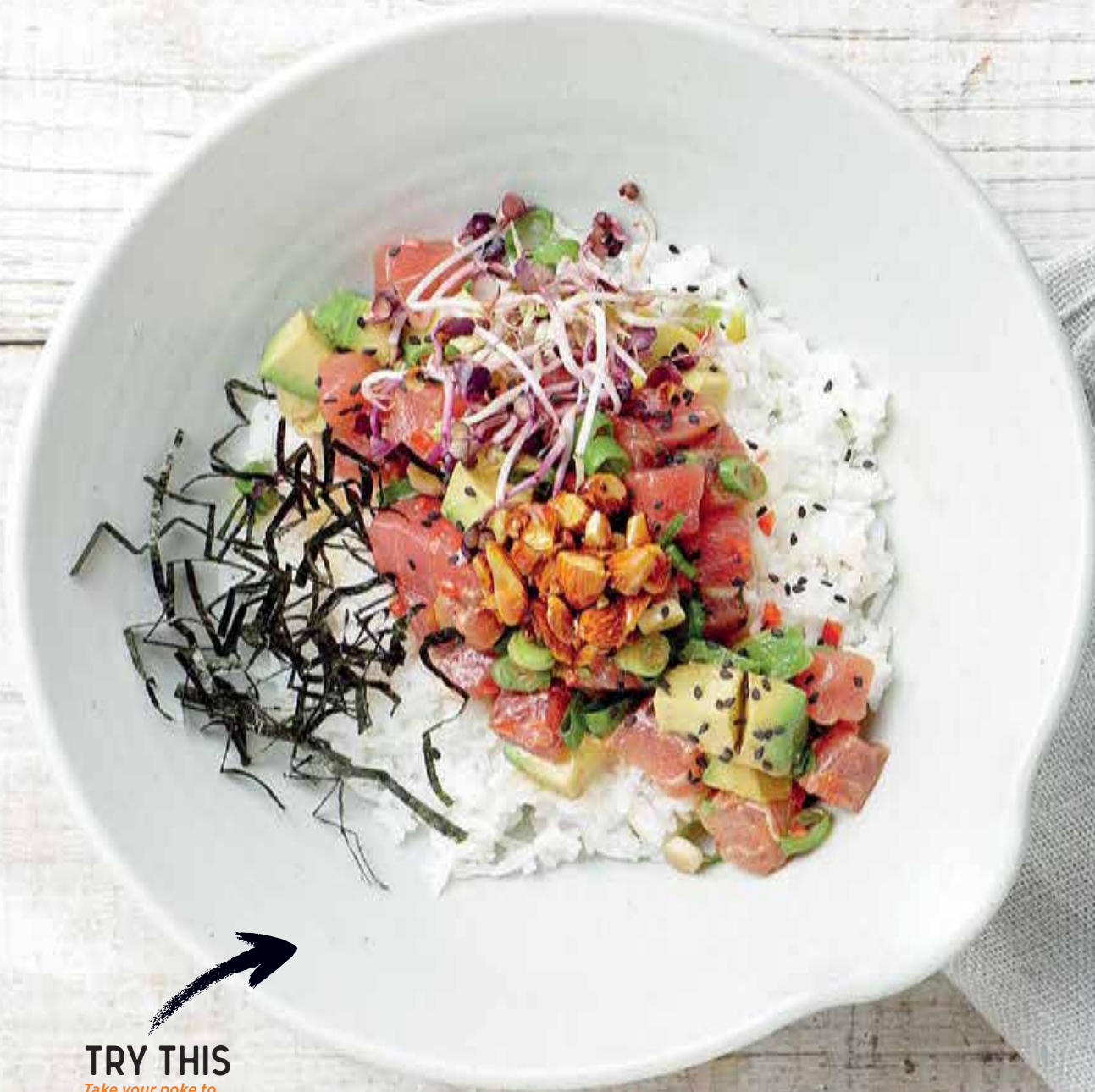


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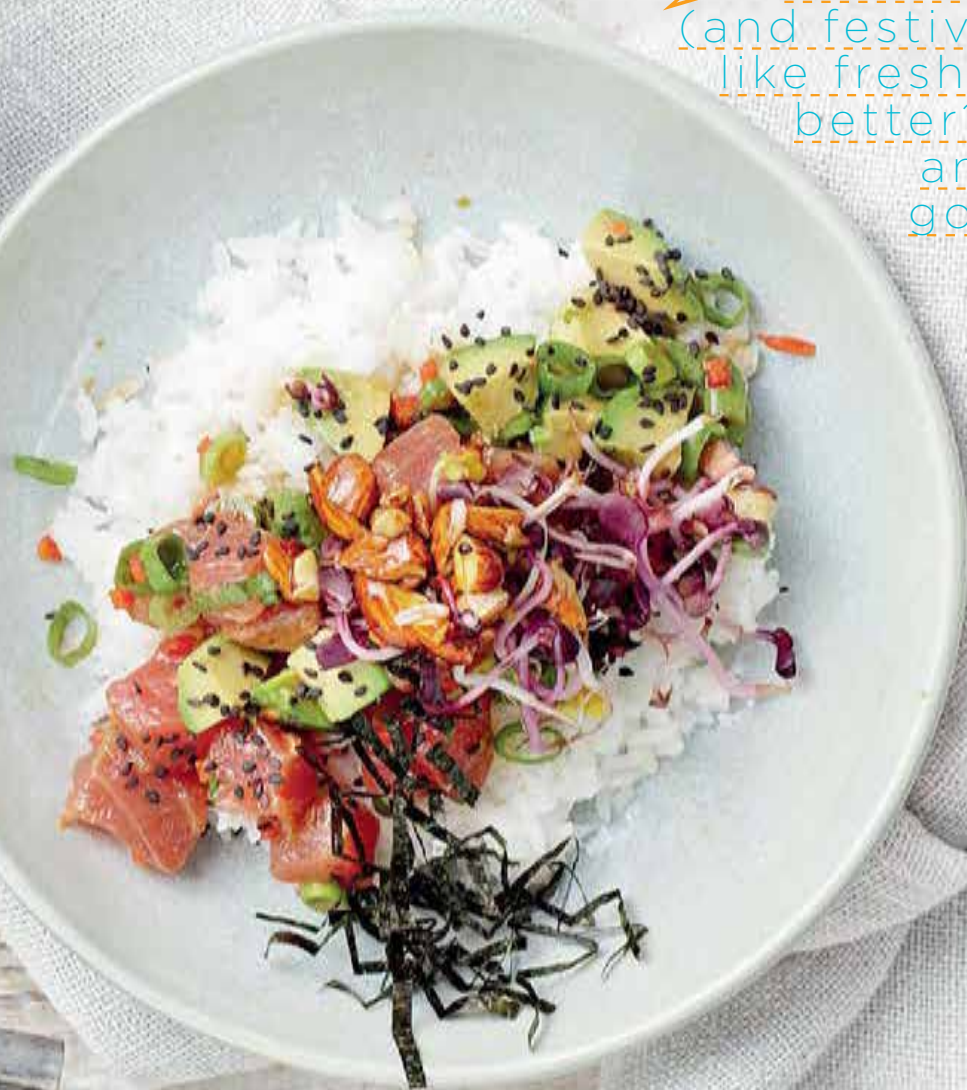


TRY THIS

Take your poke to the next level! Add a hit of bean sprouts, coriander, cucumber or chopped nuts for flavour and crunch.

HOOKED

➤ Nothing says summer (and festive feasts) quite like fresh seafood. Even better? It's fast, easy and packed with good fats. Enjoy!



BETTER FISH TO FRY

Love seafood, and the planet? Us too! Besides the delicious fish in these tasty recipes, the Aussie Sustainable Seafood Guide also gives these the tick of approval:

- Barramundi
- Sea mullet
- Australian salmon
- Pole-caught tuna
- Oysters
- Yellowfin bream
- Whiting. So eat up!

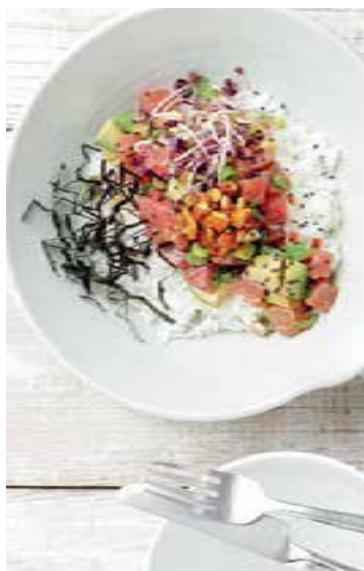


LING EN PAPILLOTE

SERVES 2

- ◆ 2 lemons
- ◆ Handful of flat-leaf parsley, chopped
- ◆ 2 ling fillets (150g each)
- ◆ Salt, to taste
- ◆ 20 asparagus spears
- ◆ Extra virgin olive oil

1. Preheat your oven to 200°C.
2. Place a sheet of baking paper on a baking tray. Slice one lemon and place half the slices on the paper, topped by some parsley and one ling fillet. Add more parsley, a sprinkle of salt, a squeeze of lemon juice and the remaining lemon slices. Wrap and seal the parcel securely. Repeat with the second fillet and lemon.
3. Place the asparagus in the same tray, next to the fish. Drizzle with olive oil and sprinkle with a little salt. Bake for 10 mins, or until the fish is just cooked through. Serve papillotes and asparagus together.



Fish Facts

What should you look out for when shopping?

"Make sure the fish is as fresh as possible and bought from a reliable source. Also, fish should never smell or taste 'fishy'," explains chef Claire Blinkhorn-Street. Got that, foodies? Get cooking!

HAWAIIAN POKE BOWLS

SERVES 2

- ◆ 300g sashimi-grade yellowtail or tuna
- ◆ Small red chilli, finely chopped
- ◆ 4 spring onions, finely sliced
- ◆ 1 small avocado, diced
- ◆ 30g almonds, chopped
- ◆ 1 tbs tamari
- ◆ 1 tsp honey
- ◆ 1 cup cooked basmati rice
- ◆ 1 nori sheet, torn
- ◆ Half-handful of alfalfa sprouts
- ◆ Zest of 1 lime
- ◆ 1 tbs toasted sesame seeds

DRESSING

- ◆ 1 tbs sesame oil
- ◆ 2 tbs tamari
- ◆ Juice of 1 lime
- ◆ Tiny drizzle of honey

1. Slice the yellowtail or tuna evenly into 1cm cubes and then place in a bowl.
2. Add the red chilli, spring onion and avo.
3. In a frypan over a medium heat, toss the almonds with the tamari and honey for 1 min, until they're slightly caramelised and sticky. Then set aside and allow to cool.
4. Mix all of the dressing ingredients to taste and then pour over the fish mixture.
5. Divide the rice between two bowls. Top with the fish mixture. Garnish with almonds, nori, sprouts, zest and sesame seeds. Serve with an extra wedge of lime.



CRISPY THYME TROUT

SERVES 2

- ◆ 8–10 baby potatoes
- ◆ Sea salt
- ◆ Extra virgin olive oil
- ◆ Handful of thyme leaves
- ◆ 2 trout fillets (150g each)
- ◆ Handful of watercress
- ◆ 1 lemon

1. Cook the potatoes in a pot of boiling salted water until soft.
2. Set a separate frypan over a high heat. Add the olive oil and thyme leaves and cook for 1 min.
3. Place the trout fillets in the frypan skin-side down and fry until skin is crispy and fish is nearly cooked through. Then turn the fillets over for a quick seal on the other side.
4. Serve the fish with the baby potatoes, watercress, a drizzle of olive oil and freshly squeezed lemon juice. Season to taste.

SNAPPER WITH BRAISED FENNEL

SERVES 2

- ◆ 2 large fennel bulbs with fronds
- ◆ 2 lemons
- ◆ 4 cloves garlic, halved
- ◆ 1 cup dry white wine
- ◆ Extra virgin olive oil
- ◆ 2 snapper fillets (150g–200g each)

1. Preheat your oven to 200°C.
2. Slice fennel into rings, removing and reserving fronds. Lay the slices in a large baking tray. Slice one lemon and place half the slices on the fennel with the garlic, white wine and olive oil. Bake for 20–30 mins until the fennel is soft and sweet.
3. Place the snapper fillets on top. Squeeze juice from one lemon over and cover with remaining lemon slices. Top with half the fronds. Return to oven and bake for 10 mins or until fish is just cooked through, depending on the thickness of the fillets.
4. Serve with fennel and garnish with fronds and extra lemon, if you like. **WH**

Fish Facts

When's the worst time to buy seafood?

Very good question! "Don't buy fish on a Monday," says chef Carl van Rooyen." The reason? "Fishermen generally don't work over the weekends, so the fish won't be as fresh." Tuesday to Friday it is then!

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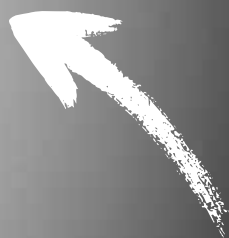


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DINNER, UNDRESSED

➤ Some foods seem to resist going bare (don't be so modest, tomato!). But with these strip tips, you'll be coaxing off even the most stubborn peels, skins and shells like a pro!



TOMATO

NUDE THAT FOOD!

A tomato's skin is delicate, which is why peeling it off is so tricky. Try this method and never look back.

1. Cut a small X on the bottom of the tomato. Have a bowl of ice water ready.
2. Using a slotted spoon, lower tomato into a pot of boiling water. Blanch for 30 secs.
3. Transfer tomato to ice water.
4. When tomato is cool enough to handle, slip the skin off, beginning at the X. Easy.

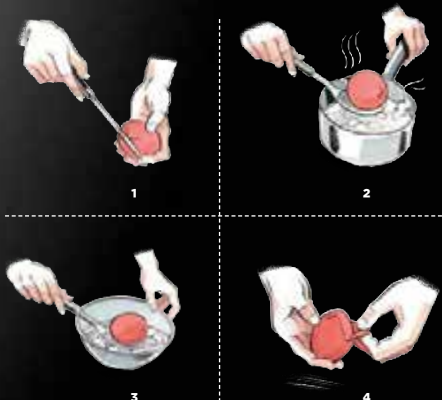
NOW MAKE...

SHAKSHUKA

Chop 1 onion, 1 capsicum and 1 garlic clove and saute in 1 tsp oil for 2 mins. Add 3 cups peeled, chopped tomatoes, ¼ tsp salt and ½ tsp chilli flakes. Cook for 10-12 mins. Make 4 indents in sauce and crack an egg into each. Cover and simmer until the eggs are cooked, around 10 mins. Enjoy!

Makes 4 servings

PER SERVING: 909KJ, 6G FAT (2G SAT FAT), 29G CARBS (6G SUGAR), 4G FIBRE, 12G PROTEIN, 436MG SODIUM





SALMON



NUDE THAT FOOD!

Even the sharpest knife can fail when it's not being used properly. Enter: our seamless separation trick.

1. Place salmon skin-side down on a piece of paper towel on a chopping board. Insert a fillet knife between skin and flesh at the narrower end of the fish.

2. Using the paper towel, grasp skin tightly and wiggle fillet back and forth as you pull it towards you, holding the knife motionless at a 45-degree angle. Pull until skin comes off.

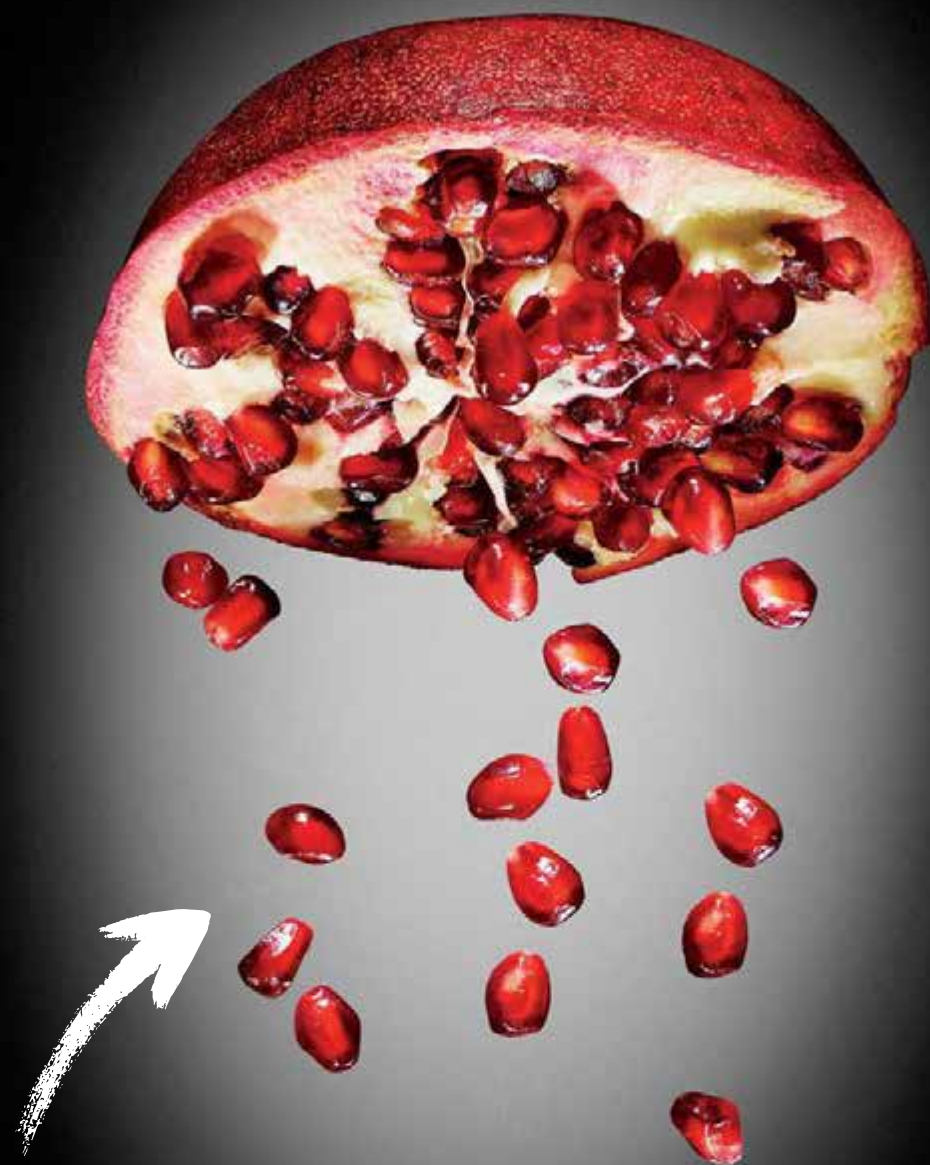
NOW MAKE...

SALMON CAKES WITH DILL AND FETA

In a food processor, pulse 450g salmon (cut into chunks), ¼ cup feta, 1 tbs chopped fresh dill, 1 egg and ¼ tsp each salt and pepper. Form into 8 small patties and fry in a non-stick frypan until cooked through, about 2–3 mins per side. For a texture boost, enjoy on top of a crunchy base – we love Corn Thins (espeh the sesame flavour).

Makes 4 servings

PER SERVING: 858KJ, 10G FAT (3G SAT FAT), 1G CARBS (0G SUGAR), 0G FIBRE, 25G PROTEIN, 319MG SODIUM



POMEGRANATE

NUDE THAT FOOD!

Separating the arils (seeds) from the white pith? Messy. Time consuming. Stain prone. Fix all three issues in just two simple steps.

1. Cut the pomegranate in half horizontally.
2. Hold one half upside down over a bowl and strike the uncut side firmly with a wooden spoon so the arils fall into the bowl. Repeat with other half of pomegranate.

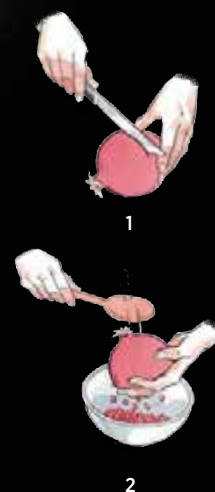
NOW MAKE...

QUINOA SALAD WITH POMEGRANATE

Combine 2 cups cooled cooked quinoa, 1 cup rocket, 1 chopped Pink Lady apple, ½ cup crumbled feta and ¼ cup toasted chopped pecans. Drizzle with about 3 tbs honey-mustard salad dressing and toss. Top with ½ cup pomegranate arils and chill before you serve.

Makes 4 servings

PER SERVING: 1135KJ, 12G FAT (3G SAT FAT), 37G CARBS (15G SUGAR), 5G FIBRE, 7G PROTEIN, 175MG SODIUM





GARLIC



1



2

NUDE THAT FOOD!

The skin covering each sticky clove can take for-ev-ah to peel. Not anymore. Boom!

1. Pull cloves apart and place into a glass jar. Secure the lid and shake for 30 secs.
2. Remove the lid and dump out bare cloves. Too easy.

NOW MAKE...

GARLICKY ROASTED GREEN BEANS

Toss 450g trimmed green beans with 4 sliced garlic cloves and 1 tbs of olive oil. Spread on a baking tray and season with ½ tsp each salt and pepper. Cook under the grill with the door open – shaking the tray once – until beans blister, about 5 mins.

Makes 4 servings

PER SERVING: 276KJ, 4G FAT (0.5G SAT FAT), 8G CARBS (3G SUGAR), 3G FIBRE, 2G PROTEIN, 247MG SODIUM **WH**

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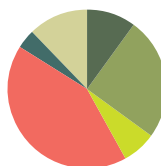
*When testing the actual blender power output at the blade using a dynamometer, a machine laboratories use to measure mechanical power, the KitchenAid Pro Line® Series blender, with its heavy duty motor and advanced motor control board, produces more power than leading domestic blenders.

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Cocktails with benefits



THE detox CLEANSER



MAKES 600ML

- 16 spinach leaves
- 2 kale leaves
- 1 celery stick
- ½ cucumber
- ½ lime
- 2 apples

Blitz it up in a blender and serve with ice.

**Choose to
booze: Add
40ml vodka**

Can you hangover-proof your night out? Science says probably not. But with these five intelligent tipples, you can give it a bloody good go. Mix up your own bevvie-with-benefits (booze optional) to offer your health some TLC. Cheers!

A vision in green, packed with goodies like magnesium, beta-carotene, vitamin C, potassium... this is a total-body detox in a glass. Yes please!

KALE

The ultimate veg. It's high in beta-carotene, which turns into vitamin A (responsible for tissue growth) – keeping your skin glowing and hair glossy. You might feel like death, but you'll look borderline human.

CUCUMBER

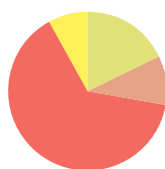
This lean, green health-boosting machine is predominantly water (that's your rehydration covered, then), and a 2013 study found its seeds acted as a cooling agent on the body, helping to reduce water loss.

LIME

Go heavy on the lime. The vitamin C promotes glutathione production, which a study in the *Yale Journal of Biology and Medicine* found played a key role in liver detoxification.



THE Immune BOOSTER



MAKES 600ML

- 4 apples
- 1 passionfruit
- 1/4 pineapple
- Juice 1/2 lemon

Blitz apples, passionfruit and pineapple in a blender (add ice if you fancy). Pour the mixture and lemon juice into a glass, then top with slices of apple and lemon.

Choose to
booze: Add
40ml rum

This fruity little number is overflowing with vitamin C, which may help to repair the free radical damage that alcohol inflicts on the body.

PINEAPPLE

Calcium? Check. B vits? Check. Plus, pineapples contain bromelain, which, says a 2012 review in *Biotechnology Research International*, is a secret to reducing inflammation and keeping your immune system in tip-top shape.

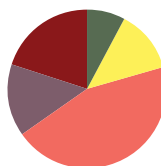
APPLE

Just one alcoholic drink a day can tax the digestive system. The good news? Research in *BMC Microbiology* suggests apples encourage the growth of friendly bacteria in the gut and promote healthy digestion. Easy.

PASSIONFRUIT

This fruit is packed with L-ascorbic acid, aka vitamin C, which a study in the *Journal of Biological Chemistry* showed helps to protect cells from oxidative damage caused by alcohol.

THE morning SPECIAL



MAKES 600ML

- 16 spinach leaves
- 1/2 beetroot
- 1/2 lemon
- 2 apples
- 100ml date nectar

Blitz all the ingredients together, then serve over ice.

Choose to
booze: Add
40ml dry gin

This beetroot-based beauty is your liver's new BFF thanks to the antioxidant betalain, which may protect your long-suffering organ after it's taken a beating.

BEETROOT

Yes, the betalain can help soothe your liver after last night's debauchery, but Polish researchers say it may repair previous damage, too. Bonus.

SPINACH

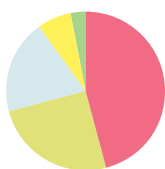
And here we have a second lot of liver love: the antioxidants packed in this green leafy veg are essential to maintaining a healthy liver and reducing oxidative stress, according to an eye-opening study in the *World Journal of Gastrointestinal Pharmacology and Therapeutics*.

DATE NECTAR

More than just a smoothie fave, dates were found by a study at London Metropolitan University to be a rich dietary source of selenium, which may support the immune system.



THE *thirst* QUENCHER



MAKES 600ML

- 800g watermelon
- 1/4 pineapple
- 1/2 lemon
- 4 mint leaves
- Ice, crushed

Blend all the ingredients and serve with a slice of watermelon.

Choose to booze: Add 40ml vodka

The watermelon in this powerhouse will banish dehydration, that oh-so-enjoyable cause of all your morning-after pain.

WATERMELON

Tongue like the Sahara? Try an oasis of watermelon. This pink performer is about 92 per cent water and rich in electrolytes, which American researchers found can reduce the dehydrating effects of alcohol.

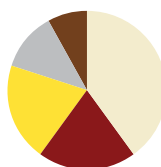
MINT

Balance your body (and mind) with this refreshing herb. Mint has long been used to aid healthy digestion and calm nausea, and now studies at Northumbria University have shown its scent can promote clear thinking and noticeably boost your mood.

PINEAPPLE

You may not be glowing on the inside but, thanks to pineapple, you can be radiant on the outside. The spiky star is rich in vitamin C, which aids the production of skin-plumping collagen. No one need know your pain.

THE BODY *balancer*



MAKES 600ML

- 1 tbs cacao
- 200ml coconut milk
- 4 bananas
- 2 tbs vegan protein powder
- 100ml date nectar

Blitz all the ingredients together and serve with crushed ice.

Choose to booze: Add 40ml chocolate liqueur

Rich, creamy and packed with fibre and magnesium, this blend will nix your hangover-fuelled desire for carbs. Bye-bye, second breakfast craving.

CACAO

Party season playing serious havoc with your shut-eye? Add cacao to your cocktail to combat fatigue. Researchers from the University of Edinburgh found magnesium can help regulate your internal body clock and normalise metabolism, so you'll bounce back bright eyed and ready to do it all over again. And again.

COCONUT MILK

Full of vitamins and minerals, yes, but coconut milk also contains fibre, which can keep you fuller for longer and therefore prevent overeating.

BANANAS

Struggling with that top button? Beat the bloat with this yellow superhero. It's rich in fibre and contains around 15 per cent of your daily recommended amount of potassium, which will help to regulate water levels in the body and keep your digestive system ticking along nicely. That's a win! **WH**

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A BARISTA-STYLE EXPERIENCE AT HOME

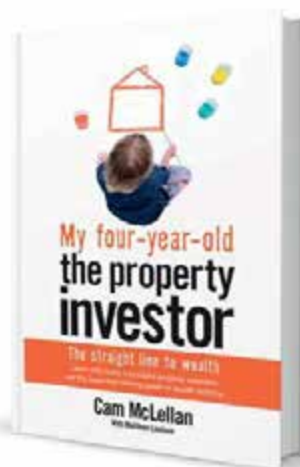
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Our kinda girl... DJ Tigerlily

By Alice Ellis

DJ Tigerlily, aka Dara Hayes, is a master of the decks and a pro at balancing the party/healthy lifestyle. Proof? She nailed the New York City Marathon off the back of a four-month tour. "My base level of fitness got me through," she says. "Running for Lifeline gave me the motivation to keep pushing." Despite a full-on schedule, the Sydney native is in tune with what keeps her body and mind humming...

Staying fit on tour can be a challenge

"It's really hard, because you want to make fitness your priority – but if I'm away for work, work has to be the priority. So it's fitting in what you can when you can, whether it's doing 100 push-ups and sit-ups in your hotel room because you've only got 10 minutes, or going out for a run. No one's ever said, 'Oh damn, I wish I never went for that run.' Unless they pull their hammy!"

Daily yoga helps keep my body balanced

"Doing yoga most mornings of the week really [helps]. I never was one of those yoga people. Always, my New Year's resolution was 'do yoga'. It never happened for, like, five years. Then I found a great studio and a great teacher in Maroubra, a place called The Collaborative. Yoga helps with fitness, flexibility, strength ... and also with things like mental health – and that's so important, since I can come from a place with lots of anxiety at times."

I went vegan in 2016 and it was life-changing

"It's been the best decision I've ever made. It's changed everything, from the way I look to the way I feel, my energy, skin, digestion [and] my relationships with people, food and the world. It can be difficult to be a healthy vegan while travelling. When ordering, I ask for a side of vegies and a side of potatoes. Often, when I'm in Europe, I'll just eat sides. I'll have bread, potatoes and grilled or fresh vegies. I often travel with a protein and greens supplement as well. Obviously they're not the best to be living off, but as a meal replacement, they're lifesavers sometimes."

Prep is key to partying

"It's about choosing when you want to party and preparing for it. Making sure you've eaten and that you pre- and post-hydrate. I always have [an electrolyte supplement] with me. But it's about being realistic, thinking, 'What have I got on tomorrow?' I get the worst hangovers. So lots of fresh juice, bananas and an ocean swim are the best. Even if all you want to eat is hash browns and fries – you can eat that stuff later, but just start off with some good stuff." **WH**



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